

# Joyful Living

Based on Dvaita Viveka Prakaranam of

## **Panchadashi**

by Vidyaranya Swamigal

Dedicated to Swami Paramarthananda

**By Raja Subramaniyan**

**Email: [joyfulliving@gmail.com](mailto:joyfulliving@gmail.com)**

		Number of Sessions
Module A	Understanding the ONE	108
Module B	Understanding the FIVE elements	42
Module C	Understanding the FIVE sheaths	23
Module D	Understanding the TWO creations	33
Module E	Understanding the FOUR sayings	38
Module F	Essence of the Picture of Life	108
Module G	Essence of Joyful Living	77
Module H	Essence of Life	7
Module I	Essence of Living in Meditation	12
Module J	Essence of the Drama of Life	5
Module K	Joy of the Practice	10
Module L	Joy of the Inner Self	5
Module M	Joy of the Oneness	5
Module N	Joy of the Knowledge	2
Module O	Joy of the World	4

# Module: A

# Understanding ONE

## **Contents:**

Unit 01 Introduction to the course

Unit 02 Introduction to ONE

Unit 03 Introduction to Delusion

Unit 04 Introduction to Creation

Unit 05 Introduction to Eternal Cycle

Unit 06 Introduction to Five Sheaths

Unit 07 Inquiry (1<sup>st</sup> step to knowledge)

Unit 08 Introspection (2<sup>nd</sup> step to knowledge)

Unit 09 Inner Transformation (3<sup>rd</sup> step to knowledge)

Unit 10 Initiation to the benefits of the knowledge

UNITS	LESSONS	STATEMENTS	Session	Page No
01	Introduction to the course	(1.1 - 1.2)		9
	01 Introduction		A01	10
02	Introduction to ONE	(1.3 - 1.9)		13
	02 Understanding ONE		A02	14
	03 Introduction to the KNOWER		A02	15
		<b>01</b> In the creation, there are many different objects.		15
		<b>02</b> The knower of these objects is different from the objects known.		15
		<b>03</b> What is known cannot be the knower.		15
	04 You are the Knower		A03	16
		<b>04</b> You are the Knower/ Observer / Awareness / Consciousness/ Witness		16
		<b>05</b> The knower is one but the objects known are many.		16
		<b>06</b> The knower is known indirectly.		17
		<b>07</b> The knower appears to be different but in reality, it is one.		17
	05 Knower is Continuous/ Unchanging		A04	19
		<b>08</b> The knower does not change but the objects are changing.		19
		<b>09</b> The knower is continuous but the objects appear/ disappear.		20
	06 Introduction to TRUTH/ EXISTENCE		A05	21
		<b>10</b> Knower exists.		21
		<b>11</b> Knower exists forever.		21
		<b>12</b> Existence is the very nature of Knower.		21
	07 Practical: "Who Are You?"		A06/7/8	22
	08 Introduction to Happiness		A09	23
		<b>13</b> We desire some objects in the world.		23
		<b>14</b> All the objects of our desire are the sources of happiness.		23
		<b>15</b> The depth of love/liking is directly proportional to the degree of happiness.		23
		<b>16</b> We like ourselves.		23
		<b>17</b> One's own self is also a source of happiness.		23
		<b>18</b> The love/liking for the objects is conditional.		24
		<b>19</b> The love/liking for the self is unconditional.		24
		<b>20</b> Unconditional love is superior to Conditional love.		24
		<b>21</b> One cannot like/ love anything/anyone more than oneself.		24
		<b>22</b> One commits suicide for the sake of self.		25
		<b>23</b> Every one wants to live forever.		25
	09 Secrets of life		A10	26

UNITS	LESSONS	STATEMENTS	Session	Page No
UNIT TEST			A11	13
03	Introduction to Delusion	(1.10 – 1.14)		28
	10	Why we are not happy?	A12	29
		<b>24</b> We are generally aware that happiness is our true nature.		29
		<b>25</b> We are not specifically aware that happiness is our true nature.		29
		<b>26</b> Delusion is the obstacle, which distorts the existence and expression of our true nature.		30
	11	Understanding Delusion	A13	31
		<b>27</b> There is just one obstacle, namely Delusion		31
		<b>28</b> Delusion has the power to shield.		31
		<b>29</b> Delusion has the power to project.		31
		<b>30</b> Delusion is beginning less		33
	11	Practical & Revision	A14/15	34
UNIT TEST			A16	28
04	Introduction to Creation	(1.15 – 1.28)		35
	12	“Who is the criminal?” – Drama	A17/18	36
		<b>31</b> Living in the world with Delusion is misery		39
		<b>32</b> The universe, which is perceived around us, is false.		39
		<b>33</b> We cannot depend on our five senses to understand Creation		39
		<b>34</b> We need to trust the version given in Scriptures		39
		<b>35</b> We must validate the creation story with our logic and Experience		39
	13	Preamble to Creation	A19	40
	14	Concept of Subtle and Causal	A19	41
	15	Story of Creation	A20	42
	16	Steps in Creation	A21	45
	17	Notes on God, Living being and Universe	A22	49
	18	Summary on Creation	A23	51
		<b>36</b> ONE has a power to manifest, which is called AEM		51
		<b>37</b> AEM is made up of Aura, Energy and Matter.		51
		<b>38</b> AEM is manifested as Illusion, Delusion and Inert Matter		51
		<b>39</b> The combination of Illusion and reflection of ONE is God		51
		<b>40</b> The combination of Delusion and reflections of ONE are Living Beings		51
		<b>41</b> The non-reflecting part of ONE is the inert matter of the Universe		51

UNITS	LESSONS	STATEMENTS	Session	Page No
		<b>42</b> God, Living Beings and Universe are eternally present in the causal form as AEM, which is the inherent power of ONE.		51
		<b>43</b> From causal form, the Living Beings and Universe are Manifested in the subtle form.		51
		<b>44</b> God creates the gross universe and the gross bodies for the living beings to have experiences, from the Inert Matter.		51
		<b>45</b> Only the subtle bodies have the capability to reflect the Consciousness aspect of ONE and therefore, they appear as living beings.		51
<b>UNIT TEST</b>			A24	35
05	Introduction to Eternal Cycle (1.29 – 1.32)			52
	19	Defining Eternal Cycle	A25/26	53
		<b>46</b> Action is eternal.		53
		<b>47</b> All our actions have some motive/objective.		53
		<b>48</b> The ultimate motive of all our actions is enjoyment.		53
		<b>49</b> Enjoyment leads to Action.		53
		<b>50</b> Enjoyment makes Imprints in the mind.		53
		<b>51</b> Imprints generate preferences		54
		<b>52</b> Imprints also generate reminders (thoughts)		54
		<b>53</b> Sense organs generate thoughts when they encounter sense objects.		54
		<b>54</b> Ego converts such thoughts/ reminders as desires		54
		<b>55</b> Desires leads us to Action.		54
	20	We are caught in Eternal Cycle	A27/28	55
		<b>56</b> Actions are compulsive in nature.		55
		<b>57</b> Living in Eternal Cycle is not joyful		56
		<b>58</b> Reason for being caught in the Eternal Cycle		57
	21	Liberation from the Eternal Cycle	A29/30	59
		<b>59</b> Effect of being caught in Eternal Cycle		59
		<b>60</b> Eternal Cycle does not end on death.		60
		<b>61</b> We need external help to escape from eternal cycle		60
		<b>62</b> External help will come through good actions.		61
		<b>63</b> External help can be given only by a competent and compassionate teacher.		61
		<b>64</b> External help is in the form of teaching		62
		<b>65</b> Knowledge of the Five Sheaths will liberate us from Eternal Cycle.		62
	22	Summary on Eternal Cycle	A31	63

UNITS	LESSONS	STATEMENTS	Session	Page No
UNIT TEST			A32	52
06	Introduction to Five Sheaths (1.33 - 1.36)			64
	23	Understanding Five Sheaths	A33	65
	24	Analysis of Five Sheaths	A34	67
		<b>66</b> Human being is a combination of real (self) and false (body/mind)		67
		<b>67</b> Real (self) is covered by the false (body/mind complex)		67
		<b>68</b> Real and False need not / cannot / should not be Separated		67
		<b>69</b> Discriminating the Real from the False is an intellectual exercise that removes our ignorance.		68
	25	Converting Information into Knowledge	A35	69
		<b>70</b> Inquiry is the first step towards knowledge		69
		<b>71</b> Introspection is the second step towards knowledge		69
		<b>72</b> Inner Transformation is the third step towards Knowledge		69
UNIT TEST			A36	64
07	Inquiry (1 <sup>st</sup> step to knowledge) (1.37-1.48)			70
	26	Introduction to Inquiry	A37	71
		<b>73</b> Inquiry means understanding the meaning of "You Are That"		71
	27	Separation of Body/mind using P/A Test	A37	72
		<b>74</b> Physical Body is an incidental addition and not an integral part.		72
		<b>75</b> Subtle Body is an incidental addition and not an integral part.		73
		<b>76</b> Causal Body is an incidental addition and not an integral part.		73
		<b>77</b> Consciousness is the integral part and not an incidental Addition		73
		<b>78</b> There is no space between my consciousness and me		74
		<b>79</b> There is no time gap between my consciousness and Me		74
		<b>80</b> The word "I" refers to Consciousness		74
	28	Practical – Gaining Knowledge	A38	75
	29	Gaining Knowledge on YOU	A39	78
		<b>81</b> Scriptures is the only source to know God.		78
		<b>82</b> We need to apply scientific/ logical enquiry to Understand the content of the Scriptures.		78

UNITS	LESSONS	STATEMENTS	Session	Page No
		<b>83</b> YOU means reflected Consciousness		79
		<b>84</b> THAT means reflected Consciousness		80
		<b>85</b> Therefore, it is proved that you are god		80
	30 Summary	“You Are That”	A40	81
		<b>86</b> ‘Aha’ experience is enlightenment.		81
UNIT TEST			A41	70
08 Introspection (2 <sup>nd</sup> step to knowledge)		(1.49 – 1.53)		82
	31 Practical on Introspection		A42	83
	32 Practical – Role of Science and Religion		A43	84
	33 Practical – Universe does not exist!		A44	86
	34 Practical – ONE alone exists.		A45	88
UNIT TEST			A46	82
09 Inner Transformation (3 <sup>rd</sup> step to knowledge)		(1.54 – 1.62)		90
	35 Introduction to Inner Transformation		A47	91
		<b>87</b> Enlightenment does not involve any mystical Experience		91
		<b>88</b> When the Mind is not fully trained, Inner Transformation is required to realize the benefit of enlightenment.		92
		<b>89</b> Meditation is the tool to train the mind.		92
	36 Role of Meditation in Inner Transformation		A48	93
		<b>90</b> Living in Meditation		93
		<b>91</b> Specific Meditation for removal of accumulated Preferences		94
	37 Practical - Managing Thoughts		A49	96
	38 Three kinds of Thoughts		A50	98
		<b>92</b> Thoughts originate through five senses		98
		<b>93</b> Ego contaminates the thoughts and turns them as Desires		98
		<b>94</b> Understanding three types of thoughts will lead to managing thoughts.		99
		<b>95</b> Concentration is possible when thoughts are managed.		100
	39 Mind Management		A51	101
		<b>96</b> Immature Mind to Mature Mind through FIR		101
		<b>97</b> Mature Mind to Knowledgeable Mind through Inner Transformation		102
		<b>98</b> Knowledgeable mind will become eternally peaceful		102
	40 Summary of Inner Transformation		A52	103
UNIT TEST			A53	90

<b>UNITS</b>	<b>LESSONS</b>	<b>STATEMENTS</b>	<b>Session</b>	<b>Page No</b>
	10	Benefits of gaining the knowledge (1.63 – 1.65)		104
	41	Benefits of gaining knowledge	A54	105
		<b>99</b> Benefits will start accruing on gaining knowledge.		105
		<b>100</b> One will not be influenced by likes and dislikes.		105
		<b>101</b> One does not require anything from the world for living happily.		105
		<b>102</b> Events in the world no longer affect the one with the self-knowledge.		106
		<b>103</b> Negative emotions will not affect the mind.		106
		<b>104</b> Life will be a dream		106
	42	Liberation from the Eternal Cycle	A55	107
		<b>105</b> Self-knowledge will liberate one from Eternal Cycle.		107
		<b>106</b> Ego is eliminated.		107
		<b>107</b> All actions will be desire less		107
	43	Conclusion	A56	108
		<b>108</b> Once we know the meaning of “You Are That”, we will live joyfully.		108
UNIT TEST			A57	104



**Unit 01****Introduction to the course****Number of Sessions: 1**

On completion of this unit, the student will be able to

- (a) Define Joyful Living
- (b) Understand the only purpose of living

**Notes to the teacher: (Ref 1.1 and 1.2 of the original text)**

Give a general overview of the goals of all human beings in the world and explain how spiritual pursuit is related to the remaining three human pursuits.

Introduce Scriptures as a means to achieve the goals in life.

It is expected that the students see the gross picture that

- every material pursuit will ultimately end with spiritual pursuit
- spiritual pursuit alone will lead them to Joyful Living

Goal is Joyful Living – Only means to Joyful Living is to gain Knowledge – Only means to knowledge is from

- Scriptures
- Competent Teacher
- Sustained enquiry by the student.

Explain Gajendra Moksha – Elephant/ Living being – Crocodile/ Delusion (loss of freedom –bondage- and increasing pain called samsara) – Sudharshana Chakra/ Self-Knowledge

The enquiry by the student is essential because they have wrong knowledge about the meaning of 'I'.

**Unit Test:**

1. What are the two requirements to gain Joyful Living?
2. It is suggested that we should question and seek scientific explanation in spiritual pursuit. TRUE or FALSE
3. Compare the objectives of Intelligent Quest and Emotional Quest and discuss the possibility of finding a solution to both these quests
4. How do you expect to solve all the problems of the world by learning this subject 'Joyful Living'?

Joyful Living means living life with,

- Non-diminishing happiness
- Undisturbed peace, calmness, serenity and internal quietness
- Everlasting security
- Complete satisfaction, sense of fulfillment and contentment
- Full of love, kindness, compassion and affection
- Total acceptance of all the events and behavior of everyone

It also means living without ever

- Getting angry, upset or frustrated
- Harboring vengeance, disgust or suspicion
- Feeling jealous, hatred, animosity or irritation
- Being affected by boredom, loneliness or separation
- Fearing, worrying or having anxiety
- Having guilty consciousness, shame, self-pity or sorrow for others
- Being stressed out with tension
- Having pressure to perform or feeling inadequate

The possibility of gaining such Joyful Living is within the reach of highly intelligent people who have access to the right teaching. Both these (Intelligence and Right teaching) are essential requirements and there are no alternative paths available to reach Joyful Living.

Human pursuits in life appear to be many. Each person apparently has a goal in life. However, on deep enquiry it can be shown that there is only one goal in life for everyone and that is to live joyfully. Without knowing this fact, ignorant people pursue different goals in life. Their apparent goals keep changing because they are not happy or contented even after achieving their goals.

People use science and religion alternatively to achieve their goals. The same person, who uses intelligence extensively in the professional career, keeps it on hold when it comes to religious pursuit and accepts all the traditional faiths without questioning. The truth is all the religions have a perfectly logical and scientific basis, which is open to questioning by an inquisitive mind. Therefore, anyone who is capable of performing well in the professional life should be able to excel in the field of spirituality, which will lead to Joyful Living.

There is a link between science and religion. Science deals with our intelligent quest and religion with our emotional quest. These two quests cannot be solved independently, since the ultimate destination for both the quests is the same.

**Intelligent Quest:** From time immemorial man has always wanted to find out the origin and limits of the universe. He is striving to find the root cause for the entire creation and where we are heading. This eternal search is leading us into bigger mysteries rather than solving them.

**Emotional Quest:** Man is also trying to find out ways and means to live happily with complete security and peace. He wants to avoid all sorts of negative emotions and live joyfully. With progressive economic development and globalization initiatives, one is hoping to end this ever-elusive search soon. However, the end of the tunnel is not yet visible.

There is a link between this Intelligence Quest (science) and Emotional Quest (religion) which is not very obvious. That is the reason one needs a right teacher who can show this link. Once we understand this link, both our quests will end and our life will be transformed.

This course attempts to explain this link by discussing the nature and function of GOD. Following features make this course unique.

It does not prescribe or advocate any fixed ideas or beliefs

It deals with the 'here and now' aspect of our life and not with after-life.

It expects understanding on the part of the students and does not prescribe any dos and don'ts without logical reasoning.

### **Role of intelligence**

Intelligence is defined as "The capacity to acquire and apply knowledge". High degree of intelligence is required to reach the goal of Joyful Living.

It is important for the student to approach this subject with an attitude of "What is in it for me?" He should primarily be interested in the benefit that is to be derived (removal of ignorance leading to Joyful Living) and not pursue this as a pass time activity or sheer intellectual exercise.

The students should validate the teaching through their own personal experience in life and then internalize it. Knowledge is transferred in a systematic process in this course and absorption of the knowledge is very essential at each step. This will require logical reasoning and analytical skills on the part of the student.

The students, irrespective of their religious background, are expected to have an open mind for investigation to find the ultimate truth. Holding on to any faith/belief blindly, will be an obstacle.

The objective of this course is to enable the students reach the goal of Joyful Living. Mere reading and understanding this course will not bring about Joyful Living. This course is similar to a travel guide giving the route map and the details of the destination. After gaining sufficient understanding, one has to undertake the journey and reach the destination (of Joyful Living)

There is no requirement to change the life style or shift the priorities or focus in order to travel in this path. Every one is free to continue their life as they do now with the right understanding of why they are doing what they are doing.

The understanding that every human being is doing the right thing and following the right path will be the result of this understanding. It is like a river flowing towards the sea. Every river will ultimately find the way to the destination. Nevertheless, if the site map is made available the river can reach the destination faster and more efficiently. This course offers that option.

### **Benefits of doing this course**

1. This course will present hitherto unknown facts, which will appeal to any intelligent person. The logical analysis will make the reading very interesting.
2. There will be a paradigm shift in the way we look at the world after reading / understanding the contents of this module.
3. If the prescribed path is followed, the student will find the whole world as a theme park and life will turn into an eternal picnic
4. This course will serve as an illustrated road map to Joyful Living.

How the benefits will accrue:

1. The student should have an inquisitive mind and not be oriented towards getting a certificate at the end of the course.
2. The student should take the required time and effort to follow the route map suggested in this book and reach the destination of Joyful Living.

By following the path shown by this book, one can reach the destination of Joyful Living.

- As a person travels in the path towards Joyful Living, a crisis in life will start appearing as a problem and a problem in life will start appearing as just another situation, progressively.
- In the initial stages of the path, he will look forward to Monday as eagerly as he looks forward to the weekend.
- In the advanced stages of the path, he will not be tired of doing work. He will come back home as freshly as he left for work in the morning, since working will be joyful.
- On reaching the destination, he will have nothing to gain from the external world and consequently he will have no duties to perform. All his actions will have one single motive: Compassion and welfare of fellow human beings.
- He will love everyone and will hate no one.

**Unit 02****Introduction to ONE****Number of Sessions 10**

(02 to 11)

**Number of Lessons 8**

(02 to 09)

On completion of this Unit, the student will be able to

- (a) Define ONE with its three perceptions
- (b) Identify the basis of the universe
- (c) Understand the meaning of the phrase 'You Are That'

**Notes to the teacher: (Ref 1.3 to 1.9 of the original text)**

Give a general overview of ONE and discuss how it is related to God and living beings. Water - Ocean – Wave example.

Describe Ever Witnessing Joy nature of ONE.

Discuss the role of logic and Scriptures in understanding God.

Discuss Transient Logic

**Unit Test:****Session A11**

- |   |                |
|---|----------------|
| 1. How is ONE different from one?                 | (Lesson 2)     |
| 2. What is enlightenment?                         | (Lesson 2)     |
| 3. Explain why there is no more than one knower   | (Lesson 3 & 4) |
| 4. How is it possible to know the knower?         | (Lesson 3 & 4) |
| 5. Why cannot the knower be changing with time?   | (Lesson 5)     |
| 6. Prove that the knower is eternal.              | (Lesson 6)     |
| 7. Define the term 'object'.                      | (Lesson 8)     |
| 8. Prove that self is a source of happiness       | (Lesson 8)     |
| 9. Is the self is the only source of happiness?   | (Lesson 8)     |
| 10. What are the implications of Secrets of Life? | (Lesson 9)     |

'ONE' is the subject matter. It is not the same as the first of the numerals.

When there are many apples, we begin counting them One, Two, Three etc. Assume there is only one apple in the world. Then we need not say 'one apple'. Just the word 'Apple' is enough to refer to that object.

Assume there is only this 'Apple' in the world and there are no other fruits in the world. Now we do not even have to say 'Apple'. We can just say 'Fruit' since it is the only one.

A fruit is different from a vegetable. Assume that there are no vegetables in the world except 'the fruit'. Now we can no longer call that a 'fruit' and need a new word to represent the object.

Finally assume that there is nothing else in the creation except that one. What can it be referred to as? It has to be ONE!

This ONE is nameless, formless and without attributes and therefore cannot be perceived by our five senses. This is the subject matter of all the religions in the world. Millions of words in the Scriptures describe this ONE saying that it is beyond words.

ONE cannot be comprehended by the mind. Nevertheless, the mind is the only tool to know ONE! By proper study of Scriptures, the mind can comprehend the truth that ONE is beyond the comprehension of the mind, which means the mind has comprehended ONE and that is enlightenment!

In this module, we shall explain ONE logically. The Scriptures will guide this logic. Mere logic will lead us nowhere. Since ONE is beyond the reach of our five primary source of knowledge, we need to depend on the sixth primary source of knowledge, namely the Scriptures. Just as we cannot validate the information received from the other five sources of knowledge, the information received from the Scriptures cannot be validated. However, we are expected to use our sixth sense (Sense of discrimination) and logic to understand the information revealed in Scriptures and not blindly believe in any information.

No mystical experience form part of any step. Nor any super human effort is required. It is purely logical all the way. Only consistent enquiry coupled with deep desire to know the ultimate truth will enable us to comprehend ONE.

ONE, which is nameless, formless and attributeless, is being explained based on its three perceptions namely Knower, Existence and Happiness.

**Statement 1:** In the creation, there are many different objects.

Objects in the universe vary from each other in terms of specific name, form, content and other attributes.

Each object creates separate thoughts in our minds because of these varied attributes, when we perceive them through our five sense organs.

**Statement 2:** The knower of these objects is different from the objects known.

The term 'objects' means everything in the universe, which includes stars, solar system, earth and all its contents.

The term 'knower' means the one who is aware of/ conscious of the existence of these various objects.

Subject is different from the object.

We are aware of our body and mind. Therefore, our own body-mind complex is also included in the term 'Object'.

**Statement 3:** What is known cannot be the knower.

This is a purely a logical statement. Can fire burn fire? No. Therefore, we derive the statement 'What is burnt is not fire'. Similarly, the function of the knower is to know. Can knower know the knower?

By definition, it is not possible to know the knower.

Our body-mind complex is an object. The knower is the subject. Who is aware of this subject? This question cannot be answered because it is the function of the subject to know and to be aware.

As fire cannot burn itself, the knower cannot know himself. Therefore, the knower is independent and different from what is known.

Does knower exist, if yes, who is the knower?

**Statement 4:** You are the Knower/Observer/Awareness/Consciousness/Witness

Since we are aware of objects, we are aware that a knower exists. That knower is our real self, which powers the mind and lends sentiency to the body-mind complex.

For example if some one asks, 'Do you know German language' the knower looks at the mind and checks if there is knowledge of German Language. If it is there the answer is 'I know' else the answer is 'I do not know'.

This 'I', who knows whether the knowledge is there or not there, is the knower.

Example: The driver of a car is independent of the car. Similarly the body/mind complex is a vehicle driven by the knower.

This knower is not a part, product or property of the body-mind complex.

Knower is an independent, immortal and invisible entity.

Knower enlivens the body-mind complex.

Knower is not limited by the boundaries of the body-mind complex.

Since YOU are aware of YOUR body-mind complex, YOU are the KNOWER.

**Statement 5:** The knower is one but the objects known are many.

The assumption that there is one knower within each human being is not tenable because knower is not different. Knower does not have any form, smell and such properties, which can be perceived by our senses. Knower is the subject and all the perceived properties belong to the objects. Therefore, there is no difference in knower.

In order to be different, it is already shown (Ref Statement 1) that the objects should have separate and specific properties. There are differences in the bodies, minds and such objects perceived in the world. The perceiving knower does not vary person to person in any way.

Electricity is only one. The electricity that powers a television and the electricity that illumines the bulb are the same. Similarly, objects known are different but the knower of the objects is only one. The fact knower is only one is not obvious because we are under the impression that the body/mind complex is the knower. In Statement 4, it is already shown that the knower is different from the mind/body complex.



**Statement 6:** The knower is known indirectly.

There are many minds in the creation. All these minds are illumined by one knower. The illumining knower can be known only indirectly based on the objects illumined.

Example: When we see an object, we see two things. First is the object and the second is the light. If there is just the object and no light, we do not see anything. If there is just the light and no object, we still do not see anything. In order to perceive that there is light we need objects because we cannot see/perceive pure light directly.

In outer space, if an astronaut looks away from sun, he will see total darkness (except stars...source of lights) although the sun might be just behind him. The bright light from sun is not visible to the astronomer at all. An object that is illuminated by the sunlight is required to be present in front of the perceiver to perceive the existence of the sunlight.

Similarly, the knower illumines the mind and therefore we see the knower indirectly.

**Statement 7:** The knower appears to be different but in reality, it is one.

The knower is the experiencer with reference to a specific experience. The same knower assumes the role of experiencer experiencing varied experiences. If there are no experiences, as in the deep sleep state, the knower is present as one.

Example: A swami (sanyasi) has no relations. Nevertheless, when a group of disciples assembles in front of him, he is called Guru. The attributes of the swami (like height/ weight etc) do not change just because the swami is functioning as a guru now. The status is relational and keeps changing.

With reference to a specific relative, the same person is called by different titles like Uncle / Brother/ Father/ Son etc. If there are no relatives, none of these title hold good.

Similarly, there is only one knower but many objects (Objects include living beings). In relation to each living being, the knower has a specific experience.

Experience is the result of the knower encountering objects through the body/mind complex. The difference is only in the objects and not in the knower.

The knower illumines the mind that then perceives many objects. When an object is seen, a thought is created. Then the knower experiences the object.

Knower + Mind (with a thought) = Experiencer (In the waking stage)

Knower + Mind (With dream thoughts) = Experiencer (In the dream stage)

Knower + Mind (No thoughts) = Experiencer of the deep sleep.

When one person sees the pot, he gets pot experience. When another person sees the cot, he gets cot experience. It appears that there are two experiencers. Nevertheless, in truth there is only one knower that appears to be different experiencers since two different body/mind complexes are involved.

Example: If sun is reflected in multiple mirrors, it appears to be multiple suns.

Similarly, the same knower illumines different body/mind complexes and appears to be more than one knower.

Each mirror appears to be the source of light since it reflects the light from sun. Similarly, each human being assuming the role of knower perceives others as independent entities.

A man could be a good father and a bad son. The 'good' and 'bad' are the attributes with respect to the role played by him and do not belong to the absolute person.

Similarly, male, female, animal etc are the attributes that belong to the object (body/ mind complex) and the experiencer (Knower) is one and is not changed/ affected by the objects.

Transient Logic: Objects can be stated discrete / moving/ changing with reference to something (knower) that is continuous / non-moving/ unchanging.

Example: Thread is one continuous object that holds many discrete pearls. If the thread is discrete, it cannot hold the discrete pearls together.

Movement of the train could be experienced only with reference to the nonmoving platform.

An owner of a small restaurant opens it in the morning. Employees, customers and other vendors arrive and depart. The owner can not report on arrival and departure of everyone if he has changed in between.

**Statement 8:** The knower does not change but the objects are changing.

If knower is also changing, it is not possible to perceive the changes in the objects. In order to observe a change, the observer needs to be changeless.

In the mind there are various thoughts that arise and subside. The knower of the arrival and departure of thoughts exists continuously without any break. If not, it is not possible to identify the arrival and departure of various thoughts.

The one, who is aware of the arrival and departure of all our thoughts, needs to be present all the time continuously. Otherwise, we will not be able to say, "It was in my mind. But now I am not able to recollect it".

One may have knowledge of cooking and knowledge of engineering. The knower of these two branches of knowledge is not different. Variation exists only in the object of knowledge and not in the subject.

Similarly, knowledge of one person is different from the knowledge of another person and the difference is only in the medium of knowledge (mind) and not in the knower. Knower is only one.

**Statement 9:** The knower is continuous but the objects appear/ disappear.

If the knower is also disappearing then some one else should be available to perceive the disappearance of the knower. However, it is already proven that the knower is only one. Therefore, it is beginning less and endless.

Example: In a drama, different actors come on the stage and go back. The light in the hall illumines everything on the stage. If there is no light, no actors can be seen on the stage. However, even if there are no actors on the stage, we still need light to know this fact.

Similarly, to comprehend the changing nature of the objects the knower has to be changeless.

To comprehend the appearance and disappearance of the objects the knower has to be eternally present.

**Thus it is proven that knower is one, unchanging and continuous.**

The equivalent words for 'Knower' are Observer, Witness, Consciousness and Awareness.

**Summary:**

Statement 1: In creation, there are many different objects.

Statement 2: The knower of these objects is different from the objects known.

Statement 3: What is known cannot be the knower.

Statement 4: You are the knower. (Observer/Awareness/Consciousness)

Statement 5: The knower is one but the objects known are many.

Statement 6: The knower is seen indirectly.

Statement 7: The knower appears to be different but in reality, it is one.

Statement 8: The knower does not change but the objects are changing.

Statement 9: The knower is continuous but the objects appear/ disappear.

**Knower is the ONE.**

**ONE is the real meaning of the word "I", the knower.**

**I am the knower and I exist forever.**

**Statement 10:** Knower exists.

No proof is required for this statement. We are the knower and we know that we exist. This is self-evident.

Knower is self-revealing. In order to say something exists we need to use any of our primary sources of knowledge. We cannot say something **is** without any basis. We need to prove the existence through some source of knowledge like eye, ears...etc.

However, in order to know our existence, we do not have to depend on any source of knowledge. We do not have to deduce that we exist. We **KNOW** that we exist.

Knower is self-evident.

**Statement 11:** Knower exists forever.

Objects (Mind/ Body included) appear and disappear but the knower exists forever. This is proved in Statement 9.

We know that we exist. From when did we start existing?

Example: On landing in America, Columbus asked a native, “When did you come here?”

The answer will be “I do not know”, which actually means “Always”.

Since we do not know when we started our existence, it can be deduced that we exist all the time.

From the fact that knower is one, we can derive that the knower is eternal. If the knower does not exist forever, it means the knower is subject to birth/death. This is not possible since Knower is only one and there is no one else to observe its birth and death. Just because knower is the ONE, it has to be eternal.

**Statement 12:** Existence is the very nature of Knower.

If the knower has borrowed existence then it will not last long. Since it is proved that the knower exists forever it has to be knower’s essential nature.

The equivalent words for ‘Existence’ are Truth, Ever and Eternal. The truth is defined as something that exists forever, in the past, present and future. That which cannot be changed/ modified/ destroyed is the absolute truth.

NOTES to the teacher:

1. Interchangeable usage of the words ‘I’, ‘mine’ and ‘my’
2. Automobile Accident Experiment – You Are Not Your Body
3. Organ Transplant Experiment – Your Mind is different from your brain
4. Hotel Owner Experiment – You are not your mind
5. Eyes Can’t See Experiment – Sense Organs are independent of the body
6. Invisible Man Experiment – Do you exist?
7. Columbus Experiment – When did you start existing?
8. A for Apple – I for I
9. Apparent Man Vs Real Man
10. Wrong Identity of the Apparent Man
11. Wrong Identity of the Real Man
12. Wrong Identity – Possession, People, Property, Position, Profession
13. Changing Apparent Man Vs Changeless Real Man
14. Anatomy of the real man
15. Discovery of a new star Vs Discovery of the real meaning of the word “I”
16. **I am the knower and I exist forever. My real nature is boundary less  
limitless uninterrupted absolute pure everlasting happiness, which is  
full of me without any trace of sorrow.**
17. The subject matter of this course is the good qualities of YOU

**Statement 13:** We desire some objects in the world.

Whatever we could perceive using our five senses are referred here as 'objects'.

Example of Objects: Music, Sweets, Painting, Movie and Ice Cream

People, Places and Events are also included in the term 'Objects'.

Example: Daughter, Singapore, Promotion, Profit

Among the infinite objects in the universe, we desire some of them. We like or love the object of our desire.

Practical: Make a list of nine objects you desire.

**Statement 14:** All the objects of our desire are sources of happiness.

We like or love the object of our desire because they give us happiness.

Practical: Take each item in the list and check if it gives you happiness.

**Statement 15:** The depth of love/liking is directly proportional to the degree of happiness.

We will be able to rank our preference for objects according to the level of happiness they give us.

Practical: Check the order of priority in the favorites list. Does it correspond to the degree of happiness it gives?

**Statement 16:** We like ourselves.

We do not like anyone talking bad about our objects of desire. We also do not like someone talking bad about ourselves. Therefore, it is clear that we like ourselves.

**Statement 17:** One's own self is also a source of happiness.

Since all the objects we desire are a source of happiness, we like/ love them. Since we like/love ourselves, our self is also a source of happiness.

Practical: Now add an item 'Myself' as the 10<sup>th</sup> item in the favorites list.

**Statement 18:** The love/liking for the objects is conditional.

The objects of our desire are liked/ loved by us because they give us happiness. In case if they do not give us happiness, we will be glad to remove them from our favorites list.

Example: I love my pet dog. It is affected by rabies. I arrange to kill it.

**Statement 19:** The love/liking for the self is unconditional.

There is no condition attached for liking the self.

Practical: From the list of 10 items, remove those items, which do not give you unconditional happiness. The last item 'self' will remain.

We always like ourselves.

**Statement 20:** Unconditional love is superior to Conditional love.

We like/ love objects of the world as long as they give us happiness. However, we love ourselves without any condition. Therefore, the true love is there only for our selves and the love for the objects of our desire are false.

**Statement 21:** One cannot like/ love anything/anyone more than one self.

We like or love any object in the world only for the sake of self.

Example: Suppose some one says, "I love my children more than myself". It is said out of ignorance. The key word in the phrase 'my children' is not the word 'children' but the word 'my'.

If one of his daughters elopes with his enemy's son, she is no longer loved.

If the word 'my' or 'mine' is removed from the phrase, then the object/person is no longer a loved one.

Example: A mother prefers to starve and feed the child with the available food because it gives her more happiness.

We are solely concerned with the happiness of the self.

Thus, more the maturity of mind, man seeks higher level of happiness, from gross body level to mind level, then to intelligence level.



Just as the mother sacrifices her meal for the sake of being happier, noble souls gain higher happiness when the whole nation is benefited through their apparent suffering.

We normally pity a saint who renounces the whole world and is meditating in the forest. The fact is he pities the world. He gains much higher level of happiness than the rest in the world.

Even those who do social service do so because it gives happiness in return.

**Statement 22:** One commits suicide for the sake of self.

It may appear that suicide is caused by the dislike for the self. The truth is just the opposite. The only reason for committing suicide is the deep love/ liking of the self.

The reason for trying to commit suicide is that a problem and the self are inseparably together. Just because one likes oneself, one commits suicide to save the self from the problem.

Example: A man wants to commit suicide because of poverty or disease. If a solution is offered (money or cure for the disease), then he no longer wants to commit suicide.

Thus, it can be seen that 'self' is the only source of happiness.

**Statement 23:** Every one wants to live forever.

This is a universal phenomenon applicable to all the living beings.

Example: Even a 100-year-old person would like to live longer.

The reason why we want to live forever is that we like happiness. Since we are the only source of happiness we do not want to lose our self.

**Therefore, the nature of one's self is happiness.**

The supreme object of love is self that gives us fulfillment and completeness and there is no other object of love in the world. The only source of happiness is self. There is no happiness in any objects of the world. Due to ignorance, we attribute the source of happiness to the external objects and seek them for making the 'self' happy.

**Implication of knowing that “I am the only source of happiness”**

If we understand this truth, our perspective in life will drastically change. The popular beliefs on the concept of love have to be changed according to the secrets listed below:

Secret 1: Love and Hatred are two sides of the same coin.

When I realize that my lover does not love me anymore, I start hating. The degree of my hatred corresponds to the degree of my love. The more I love the more I hate.

The reverse is also true. Assume your son who deserted you in your old age, realizes his mistake and comes back to you. Then you love your son whom you hated earlier.

Thus, such a love is not true love. It is born out of our ignorance.

Secret 2: We are always highly selfish. (Love is only for the self)

There are no objects of desire in the world because the ONLY source of happiness is oneself. Whatever we do is to ensure the continuousness of our happiness.

All our thoughts, words and action have only one purpose: Happiness for ourselves.

Secret 3: We do not like anyone. We like only ourselves.

Since the only source of happiness is self, we do not really care or like anyone else. If we are under the impression that we like something or someone, it is due to the ignorance of the source of happiness.

We spend our lifetime chasing various objects/ persons in the world thinking that they are the source of our happiness. On enquiry, it can be found that the happiness of our selves is projected on the objects/ persons and it is not inherent in the objects/persons.

Example: We do not like anything that is not associated with the phrases “I” or “Mine”

It is wrong to think that one can like anyone other than oneself. The only purpose of the apparent love/ liking for someone else is happiness for the self.

We may superimpose the hatred on external factors on our self and hate our self. Same way we superimpose our love for our self onto others and wrongly assume that we like/love them.

Secret 4: No one ever can like us.

If someone says 'I love you', it is a big lie, because it is motivated by self-love. This statement is made out of ignorance of the truth.

Love is only for his/her association with us. Suppose we disassociate our relationship with that person, and we are no longer loved.

Secret 5: To gain peacefulness, remove the self from everything around.

Then you will no longer love or hate anything. When the 'my' or 'mine' is taken away from the object, it will be neutral. There is no love or hate.

Example: If we notice a dent in a car, we are not affected/ bothered. However, the moment we realize that the car belongs to someone known to us, we are affected. The degree of suffering depends on the degree of our love/liking of the owner of the car. If the car turns out to be our car, we are affected the most.

We need to know more about our self since it is the only source of happiness.

### **Your real nature:**

From the three perceptions discussed so far, it has been logically proven that you are the knower, you are eternal and you are happiness. In other words, we have now learnt the true meaning of the word 'I' is not the body/mind complex, but "Ever Witnessing Joy".

This logical conclusion, that our true nature is "Ever Witnessing Joy" is supported by the declaration in the Scriptures. Scriptures also state that the true nature of ONE is "Ever Witnessing Joy".

Therefore, we now have to accept the declaration of all the Scriptures that **YOU and ONE are the same.** (You Are That)

**Unit 03****Introduction to Delusion****Number of Sessions 5**

(12 to 16)

**Number of Lessons 2**

(10 to 11)

On completion of this Unit, the student will be able to

- (a) Identify the cause of our unhappiness in life
- (b) Understand the concept of Delusion

**Notes to the teacher: (Ref 1.10 to 1.14 of the original text)**

Give a general overview of ONE and discuss how it is related to God and living beings. Water - Ocean – Wave example.

**Unit Test:****Session A16**

1. How do we know that our real nature is Ever Witnessing Joy? (Lesson 10)
2. What is the contradiction in our knowledge? (Lesson 10)
3. How the contradiction is resolved? (Lesson 10)
4. 'An obstacle does not change the reality' – Discuss (Lesson 10)
5. How 'Delusion' is different from 'delusion'? (Lesson 11)
6. What are the two powers of Delusion? (Lesson 11)
7. Discuss the concept explained by Snake-Rope example (Lesson 11)

## Lesson 10: Why we are not happy?

Session: A12

It is logically shown that our true nature is happiness. The Scriptures also confirm this fact by declaring that we are 'Ever Witnessing Joy'.

However, our daily experience shows that we have lots of sorrows in life. Life seems to be a mixture of pleasure and pain. Everlasting happiness is not evident.

Therefore, it may appear that there is some mistake in our logical conclusion and in the declaration of the Scriptures.

On enquiry, we find that there is no mistake in our conclusion.

The true nature of the self (happiness) is evident and not evident at the same time.

It is evident because we like ourselves.

It is not evident because we feel that we are incomplete and we seek fulfillment from the objects in the external world.

There is a contradiction.

If we are aware that we are the source of happiness, we will not be chasing material objects for happiness.

At the same time, we know that we are the source of happiness, since we like ourselves the most.

If we observe the world, we see people like themselves very much and at the same time, they seek happiness in the external world by pursuing various objects.

How can this contradiction be explained? How can our true nature (happiness) be evident and not evident at the same time?

The answer to the question is it is generally evident but not specifically evident.

**Statement 24:** We are generally aware that happiness is our true nature.

**Statement 25:** We are not specifically aware that happiness is our true nature.

The general awareness and the specific unawareness of our true nature (happiness) seem to be the issue. This can be explained with an example.

**Example:** A child is learning to sing under a teacher. The father of the child wants to see how the child is progressing and visits the classroom where many students are singing together. Does the father hear his child's voice or not?

The answer is 'Yes' and 'No'.

The father is able to hear the child's voice but at the same time not able to ascertain whether the child is singing well or not. This is so because he hears the child's voice in general and not specifically.

Similarly the knowledge 'We are happiness' is generally known (therefore we like ourselves) and not known specifically (therefore we assume that the external objects give us happiness).

For such a contradiction (Being evident and not evident at the same time) to happen there has to be an obstacle. This obstacle causes the blurred vision.

An obstacle (which makes an object some time evident and some time not evident) is defined as a phenomenon, which distorts the existence/ expression of an object and shows it as non-existent and not evident.

Example: When we look at the clear sky in the night, we see stars. The star exists and it is evident. Nevertheless, in the morning we do not see the stars. In this case, the obstacle is the sunlight, which makes us claim that the stars are non-existent and not evident while the truth is otherwise.

An obstacle does not change the reality. It changes our perception of the reality.

Our true nature is happiness. Due to the presence of an obstacle, we are not able to perceive it clearly. This obstacle distorts the existence and expression of our real nature. This is the cause of the contradiction.

The name of the obstacle is Delusion.

**Statement 26:** Delusion is the obstacle, which distorts the existence and expression of our true nature.

Voices of the rest of the children are the obstacle to ascertain the singing capability of a specific child.

Similarly, Delusion is the obstacle, which prevents us from seeing our true nature of happiness very clearly.

This obstacle has to be removed in order to get a clear view of the true picture.

## Lesson 11: Understanding Delusion

Session: A13

We have seen that there is only one obstacle that stands between everlasting happiness and us. The name of this obstacle is Delusion. In order to remove this obstacle, we need to understand its true nature systematically.

**Statement 27:** There is just one obstacle, namely Delusion

The good news is that there is just one obstacle, which is preventing us from seeing our true nature clearly. Once this one obstacle is removed, we will have clarity.

The bad news is Delusion (with a capital D) is more complicated compared to the normal meaning of the word 'delusion'. Normal delusion can be dispelled once true knowledge is revealed. However, Delusion is much stronger.

Although we know that, we are not the body-mind complex we continue to be deluded to think that we are.

Although we know that we are eternal, immortal, we continue to be deluded and be afraid of death.

Although we know that our true nature is happiness, we continue to be affected by the problems of the world.

Thus, Delusion is much stronger. Ordinary delusion will go once we understand truth.

Example: A husband is deluded to think that his wife sincerely loves him, while in fact she is cheating on him. His delusion will go the moment he gains the true knowledge about his wife.

This is not the case with the stronger Delusion, which will go only when we thoroughly understand it in addition to knowing the truth. We know the truth that we are the only source of happiness. In addition, we need to understand the effect (already discussed in the previous lesson), powers and origin of Delusion.

Delusion has two powers, power to shield and power to distort.

**Statement 28:** Delusion has the power to shield.

The shielding power covers up our true nature (Happiness) from us.

**Statement 29:** Delusion has the power to project.

The projecting power projects a false image on the truth and distorts it. Due to this Delusion, we think that we are mortal.

Example: There is a 4 feet long rope lying at a distance in the garden. We are not able to see it properly due to poor lighting. The poor lighting is the obstacle. It has two powers. The shielding power covers up the specific nature of the rope so we do not see it as rope. However, it does not fully cover the rope. If it does then we would not have seen anything.

The projecting power of the obstacle projects a 4 feet long snake on the useful rope, making it appear as a harmful creature. If the projecting power distorts the view and shows us a 4 feet long cloth or chain, then we would not have been affected.

Poor lighting is the obstacle, which shields the rope partly and distorts it to appear as a snake. Similarly, Delusion is an obstacle, which shields our true nature and also distorts it.

The shielding power of the Delusion covers up the true nature of our self, which is Ever Witnessing Joy. However, it does not cover it up fully. It shows the Joy part alone. That is the reason for us to like our self because we see a part of the true nature of our self. If it had covered our nature fully from us, we would have been as happy and contented like animals. Animals have awareness but they are not aware of their self.

Human beings have more problems compared to animals because the shielding power of Delusion covers up our real nature only partly. Therefore, unlike animals we are aware that we are the source of happiness.

If the shielding power of the Delusion covers up our true nature fully then we do not have any problem. Ignorance is bliss! We need to progress from this half-baked wrong knowledge to complete true knowledge by removing the Delusion fully.

Then we will realize that Knowledge is bliss.

The projecting power of the Delusion distorts the true picture of our self. Instead of showing the Immortal (Truth) Knower, it shows an opposite quality (mortal body/mind complex) as our real self.

If the projecting power were not present, it would have been much easier for us to remove the Delusion. Since it is superimposing an opposite quality on the reality we are Deluded. If we had mistaken the rope for a chain, we would not have been afraid. But, since a dangerous snake is projected on an innocent rope, we have a deep problem on hand. Similarly, since we are thinking that we are a limited, mortal human being (the projecting power of Delusion has superimposed this negative factor on our positive real nature) we seek fulfillment from the objects of the world. We are not aware that we are complete and limitless as we are.



Example: A prince is thinking that he is a beggar.

It is more difficult to remove such ignorance. He has to start from the very beginning on why he is thinking that he is a beggar in order to comprehend and realize his real nature.

Similarly, we need to figure out the origin of Delusion in order to realize our true nature of Ever Witnessing Joy.

**Statement 30:** Delusion is beginning less

Delusion is part of the creation.

ONE, which is the only reality, is under the Delusion that it is a mortal living being due to the creation of this universe. If the creation has a beginning then it could be said that the Delusion has a beginning.

Since, creation is beginning less, Delusion is also beginning less.

We need to understand the process of creation so that we can comprehend Delusion.

**Revision:**

Question: Why I do not realize my true nature is Ever Witnessing Joy?

Answer: Delusion

Question: How to remove the Delusion?

Answer: First, we need to understand the true nature of this Delusion.

Question: How to understand the Delusion?

Answer: To understand the true nature of Delusion, it is necessary that we understand the entire creation.

Example: When a virus affects a person, it is not possible to cure him unless we have complete knowledge of the virus. Scientists study about the virus not because they are interested in the virus. Their main concern is the welfare of the human being.

Similarly, we need to study the Delusion so that we are free from it. Delusion plays a specific part in the creation of the universe. Therefore, we need to understand the entire process of creation.

**Notes to the teacher:**

It is essential for the students to understand the western view on Creation of the universe before proceeding to the next lesson.

Discuss Big Bang Theory and it is only a theory.

Discuss Heisenberg's Uncertainty Principle, which says that the Universe as it appears is not real.

Discuss Bell's Theorem, which proves the existence of God.

**Unit 04****Introduction to Creation****Number of Sessions 8**

(17 to 24)

**Number of Lessons 7**

(12 to 18)

On completion of this Unit, the student will be able to

- (a) Know how the universe is created
- (b) Understand the importance of knowing the nature of creation
- (c) Identify the relationship between God, Living beings and Universe

**Notes to the teacher: (Ref 1.15 to 1.28 of the original text)**

Give a general overview of Creation through a drama enacted in the classroom. The story line is given in the Lesson 12.

It is important for the student to understand WHY they should learn about the creation. This is more important than knowing the specific steps in creation.

Efforts should be made to make the student understand the creation as detail in as possible. However the emphasize should not be on memorizing and reproducing the order of creation but the conceptual differences in the creation should be understood.

If the students are interested the Sanskrit names of God, Living Beings, and Universe in the three different stages (Causal, Subtle, Gross), it can be discussed. This part is not given in the lessons.

**Unit Test:****Session A24**

1. Why people in general are not keen to know the process of creation?
2. What is the role of three perceptions of ONE in creation?
3. Explain Causal, Subtle and Gross bodies of living beings.
4. List the 19 components of the Subtle body.
5. Explain death.
6. Why there is special craving for food and sex compared to other sense objects?
7. What is the difference between the living beings and nonliving inert objects?
8. What is the difference between God and the living beings?
9. When did the first creation happen?
10. What is the need for the God to create this universe?

We have seen that our real nature is Ever Witnessing Joy. We have also seen that the holy Scriptures say that the real nature of ONE is also Ever Witnessing Joy. In addition, the Scriptures declare that YOU are ONE.

Now the question is if we are Ever Witnessing Joy, why do we suffer (atleast occasionally). The answer that we arrived at is Delusion. Delusion makes us think that we are a limited mortal being inspite of our knowledge that we are immortal infinite happiness.

In order to remove the Delusion (so that we realize our true nature fully....which is called enlightenment) we need to understand the origin and nature of the Delusion. Since Delusion is part of creation, we need to understand the process of creation.

Before describing the process of creation let us read this story.

**Example:**

Assume that you are talking to your **friend** who is involved in a **crime**. All **evidences** that are collected so far are against your friend. Now you get an opportunity to talk to your friend alone. Your friend describes the **situation** that had lead to the crime. You do not have any idea whether your friend is telling you the truth or not. Nor do you have the time and resources to verify the statements made by your friend independently.

The meeting place is the **jail**. Your friend is behind the bars.

Your friend does not have an impressive personality. He is not a close friend of yours, but just an acquaintance. However, for him, you are his best friend and he is very sincere to you. You are not particular about meeting him often but he is keen on being with you as long as possible and prefers to talk to you as frequently as possible.

What will be your attitude while listening to the various incidents preceding the crime that are being described by your friend in the following two situations?

Situation A:

You trust your friend.

Your friend has not committed the crime.

There is a bright chance that you can help your friend to prove his innocence.

What will be your attitude while listening?

You will be very attentive to what is being said.

You will not doubt the statements made by your friend.

You will not ask questions on any irrelevant details.

Suppose your friend makes few contradicting statements, you will then seek explanations so that you get the real picture.

Situation B:

You do not trust your friend.

You think your friend has committed the crime.

You are not bothered to prove his innocence or otherwise.

What will be your attitude while listening?

You will NOT be attentive to what is being said.

You will doubt the statements made by your friend.

You will ask questions on irrelevant details.

You might even ask for proof of some of the statements although you know very well that they can't be proved.

When your friend makes any contradicting statements, you will NOT seek explanations but will CONCLUDE that he is guilty.

Now you have to read again the example described above with the following additional information.

1. You are the one who is being punished for the crime.
2. Your friend is just a co-accused and his involvement in the crime is because of his association with you!
3. Your friend is not in the jail. You are in the jail. (From inside the prison your friend will appear to be behind the bars!)
4. Although in your heart you know that you are innocent, some how (you have the habit of walking in the sleep) you are thinking that you may have really committed the crime. (One day when you woke up from your sleep-walking session, you find yourself with a warm gun in your hand and the victim on the floor in front of you!)
5. Your friend knows that you are innocent and is telling you much new information, which you did not know.
6. If you are able to understand the situation that had lead to the crime then you will be set free.

With this background you have to read the entire example again NOW.

If you have done that, you will find that even if you do not trust your friend you will dearly hope that he telling you the truth because the ultimate beneficiary is YOU.

However, in reality you do not pay attention and doubt your friend due to the following reasons.

1. You do not believe that you are in jail.
2. You are thinking that the jail is your home (since you are there for so long) and you have accepted that you are destined to live there forever.
3. When the friend visits you (and talk from behind the bar) you listen to his story uninterestingly.
4. What is more, you interrupt him and tell him how you enjoyed the Volley Ball match you played with your fellow inmates in the jail on the previous day.
5. The friend keeps visiting you occasionally with a fond hope that one day you will get bored of the jail, listen to the truth, prove your innocence and set yourself free!

This is hard to believe. Nevertheless, it is the fact.

The friend described so far is the Scriptures. You are a typical representative of the entire human kind. The jail life represents the life you are leading right now. The situation leading to the crime represents the story how the entire creation (of this universe) has happened. The evidences against you (and your friend) are the world around you.

In order to understand Delusion (That is the **crime**), firstly we should realize that all the **evidences** (what we see, what we hear etc) that we have collected so far are false, then we need to listen to the story of creation (**Situation** that has lead to the crime) which can be known only from Scriptures (Our **friend**). It is not possible to verify these statements. (Science will never be able to validate them).

Unless we have an attitude as described in Situation A, we will not be able to understand what is described.

Once we understand fully the story of creation, we will understand what Delusion means and we will then gain the freedom from the **jail** (Life that is oscillating between pain and pleasure, gain and loss, name and blame, poverty and prosperity) and can live joyfully ever after.

It is said that we cannot verify our friend's (Scripture's) statements. It is only partly true. We can verify them logically. Firstly, we can relate them to the evidences that we know (but not fully understood) and check if they are correct. Secondly, we can check if the entire narration is logical and coherent without any flaw. Finally, we can check the result...whether we are set free or not. Once we are set free that is the conclusive proof that whatever our friend said is the truth!

To remove Delusion, we need to understand the process of creation. To listen to the story of creation we need to be convinced of the following statements.

**Statement 31:** Living in the world with Delusion is misery

**Statement 32:** The universe, which is perceived around us, is false.

**Statement 33:** We cannot depend on our five senses to understand creation

**Statement 34:** We need to trust the version given in the Scriptures

**Statement 35:** We can validate the creation story with our logic and experience

## Lesson 13: Preamble to Creation

Session: A19

The ONE whose nature is Ever Witnessing Joy has a power of manifestation called AEM. AEM is like a rope made up of three strands namely Aura, Energy and Matter.

Aura strand is born from the Knower/ Witness/ Observer/ Consciousness aspect of ONE.

Energy strand is born from the Ever existence/ Truth aspect of ONE.

Matter strand is born from the Joy/ Happiness aspect of ONE.

AEM is not independent of ONE like a song is not independent of the singer.

In addition, the existence of the power of AEM can be known only through the expression of the power.

Example: A singer has the power to sing. The expression of this power is called song. The only way to know that some one can sing is to listen to the song. (Looking at the mouth we cannot know whether she can sing or not.)

Similarly, we can know that ONE has the power of manifestation (AEM) only by seeing this universe, which is an expression of this power.

Aura, Energy and Matter are three strands of AEM and they do not exist independent of each other. All these three always are intertwined and need each other's support to function. Nevertheless, the ratio in which they are mixed can vary.

This AEM is the seed of the matter-energy. (According to the scientists, matter and energy can be interchanged but cannot be created or destroyed. The sum total of all the matter/energy is contained in the AEM just as a big tree is contained in a small seed.)

This power of ONE is inherent in ONE and therefore like ONE, AEM does not have any beginning or end.

AEM, which is inherent in ONE in its un-manifested status is said to be in seed form. This AEM from the seed form of the creation starts to manifest first in subtle form and then into gross form. For example, first, the subtle body is created and then the gross body is created. The seed form is also known as causal form.



The gross body is familiar to us. The subtle body is explained with an example of a Sales Counter.

Example: The Sales Counter represents the gross form and the Sales person behind the Counter represents the subtle form. The physical eyes or ears are like the counters. They are just mechanical devices with no inherent power. The job of seeing or hearing is done by the subtle eyes or subtle ears, which are part of the subtle body. These subtle organs are responsible for the functioning of the gross organs.

The ability to draw pictures varies from person to person. If the physical hand is responsible then everyone should be able to draw equally well. This is not the case. The subtle hand, which travels from one birth to the next, has this ability, which is being improved in every birth.

Suppose a person cannot see or hear, while the physical parts of the body are perfect, doctors attribute the inability to the old age. As a person is nearing death the 19 subtle components will slowly start withdrawing from the counters. That is the reason for 'failure' of physical organs.

The mind, which is a part of the Subtle Body, reflects ONE just like the mirror reflects the face. It is not possible to see ONE or the face directly. One needs a medium to see these.

We are ONE. There is nothing but ONE. Therefore, we cannot see ourselves. Using our inherent power, we have created a subtle body (which includes the mind) that has the capability to reflect our true nature.

Therefore, we see life around.

Mind is not functioning during deep sleep and the physical body will look like a dead body since the reflecting medium is almost not there. On death, the subtle body leaves the physical body. The physical body cannot reflect the ONE anymore.

The Seed form (Causal form) of AEM first expresses itself in Subtle form and then into Gross form in a particular order as described in a later lesson. The causal body causes subtle body and the subtle body involves into the gross bodies to make them as living beings. Thus involution precedes evolution. The universe is thus created in specific steps starting from Causal form. The Causal body is the store house of all the accumulated results of the past actions of the living beings which causes variation among life forms.

Ignoring these three stages, an over view of the creation is given in this lesson.

ONE using its inherent power of AEM creates space using pressure waves. These pressure waves or sound waves convert parts of the energy into molecules of air by converting energy into matter. This air is made denser and hotter and resulted in Big Bang. Rest of the story of creation and evolution is same as proposed by scientists with one major correction.

Scientists believe that living beings evolved out of inert matter when the conditions in earth become suitable for them. However, the truth is involution of the living beings caused this evolution. Along with the Big Bang, which is the expression of Matter strand of AEM, the Energy strand expressed itself as living beings, got involved in the physical molecules, and started appearing in physical form as living creatures.

The seed form of AEM is first expressed in subtle form and then the gross universe as we see has evolved. This is explained by an example.

Example: The only source of light in the Disco Light (which is like a ball that keeps rotating) is the bulb inside. A mixture of three different types of material covers the bulb.

The bulb represents ONE.

The mixture represents AEM. This mixture is made of three different elements namely Aura, Energy and Matter.

Mix 1 (Predominantly Aura) – Plain Glass is called **Illusion**

Mix 2 (Predominantly Energy) – Small Dotted Glass is called **Delusion**

Mix 3(Predominantly Matter)–The non reflecting part is called Inert Matter

AEM shines due to the Witness aspect of ONE. In our Disco Light example it reflects the light coming from the bulb.

Aura dominant expression of AEM is called Illusion. The combination of Illusion and the reflection/projection is called God

God is one. God is all knowing. God controls the Illusion

Energy dominant expression of AEM is called Delusion. The combination of Delusion and the reflections/projections are called Living Beings.

Living Beings are many. They are ignorant. Delusion controls them. It has two properties:

1. Shielding (It partly shields the light emitted by the bulb)
2. Projecting (It projects images and objects that are not really there)

Matter dominant expression of AEM is called Inert Matter. The combination of Inert Matter and the non-reflection is called Universe.

Since Universe is matter dominant, it is like clay that can be molded in any shape. Since the Aura element is very less in it, it cannot have pain (or pleasure). Since the Energy element is also very less in it, it cannot do anything independently. The objects in the universe are created by God, for the enjoyment of the Living Beings according to their specifications.

The Disco Light is one object. It results in three things namely,

A bright light which illumines the room

Many small dots that keep rotating all the time all over the place

And the dark non-illuminated space that support the other two

These three things do not exist without the Disco Light. Therefore when we see these three things we refer them as Disco Light without ever referring to the bulb, which is hung on the top.

Thus what we refer by the name Universe (Disco Light) actually is the ONE (glowing bulb) but we seem to mean

God (The light projected by the Plain glass)

Living Beings (Many small lights projected by dotted glasses)

Universe (Non-illuminated space that support the other two)

All three of them, the bright light, small dotted lights and the non illuminated places ARE NOT the source of light. The bright light and many small dotted lights resemble the light that is projected from the bulb. Bulb is the ONLY source of light.

Similarly, all three of them, God, Living Beings and the Universe are made up of inert matter. They are the result of AEM, the manifestation power of ONE. God and Living Beings appear to be alive because they have the capability to reflect the Ever Witnessing Joy nature of ONE.

The only source of light is the bulb and it gives out bright light uniformly. However, the quality of reflection depends on the reflecting mediums namely the plain glass and the many small dotted glasses.

The only source of consciousness is ONE. God is a pure reflecting medium and therefore He is omnipresent, omni prevalent, omnipotent and omniscient. Living beings are made up of inferior material (lesser quantity of Aura) and therefore they appear to be mortal, limited by time and space, ignorant and changing.

While God controls the medium of reflection (Illusion), human beings are under the control of the medium of reflection (Delusion).

There is an option for the dotted lights to make claim on their true identity. Since the only source of light is the bulb, it is right for the small light to say 'I am the bulb'. Alternatively, it can remain ignorant thinking that it is a spec of light fleeting momentarily.

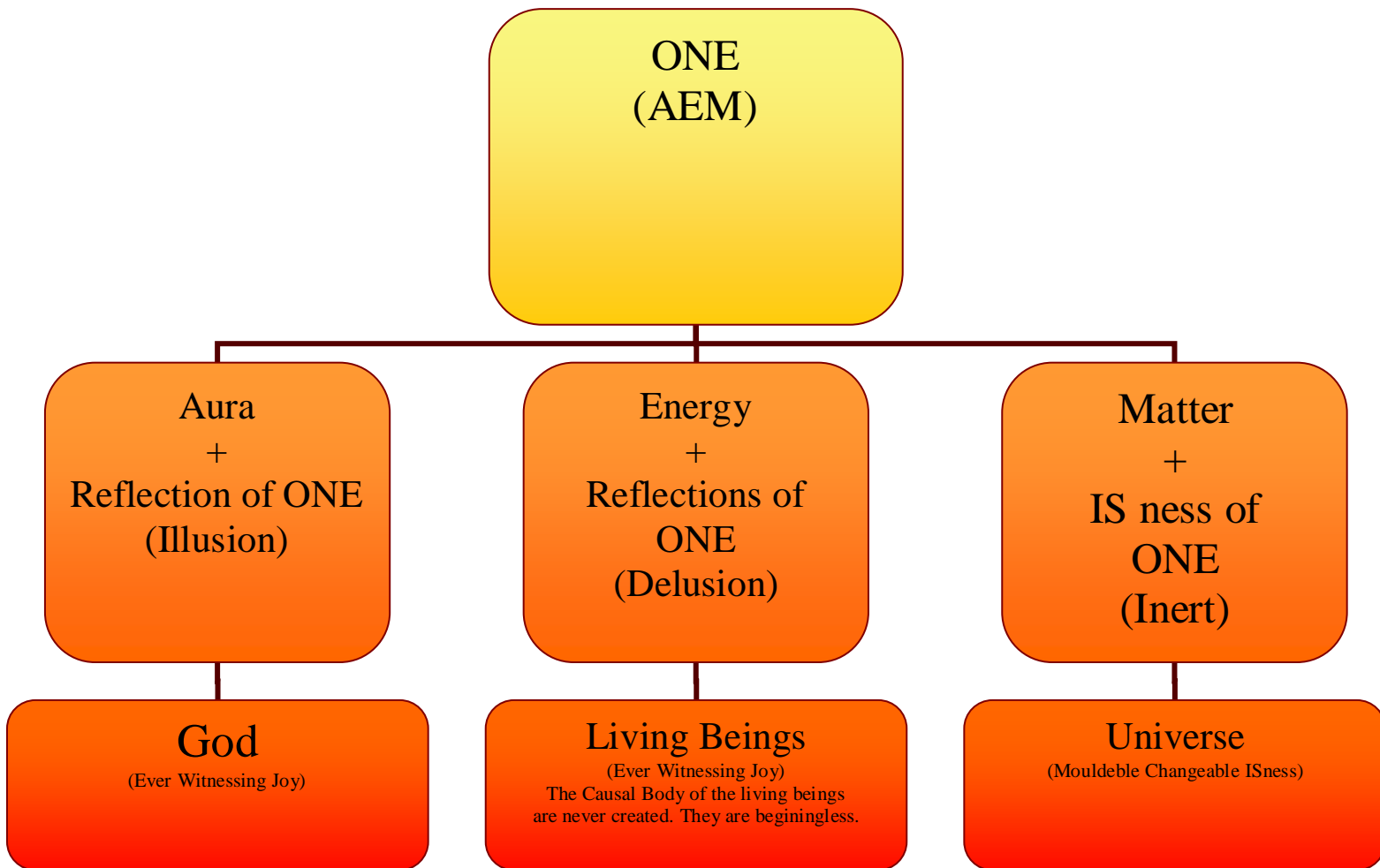
Similarly, the consciousness that is seen in the living beings belongs to ONE. There is no other consciousness other than ONE. However due to the power of Delusion (poor reflecting medium) we think that we are limited, changing, mortal beings.

Seeing the truth is liberation from the Delusion.

Step 1: Causal Form

Although we keep using the word 'creation' it is a misnomer because it implies that there was a time prior to creation. Time is part of creation. The proper word is 'manifestation'. Prior to the manifestation of the power, there existed ONE with AEM, the power of manifestation in the Seed Form or Causal Form.

Causal Form that is ETERNALLY present and not created



**Step 2: Subtle Form** (Technically, this is the **first step** in creation, since Step 1 is not an action)

**From the causal status, subtle form of the universe is manifested in this step as depicted in the chart and marked A to F.**

**A** From the Seed **Inert Matter**, by adding one quality 'Sound' (pressure waves) space (and time) was created. And adding one more additional quality subsequent elements namely Air, Fire, Water, Earth are created.

From this seed form Subtle Elements emerge as follows

Inert Matter + Sound = Space [Can be heard]

Space + Touch = Air [Can be heard and felt]

Air + Form = Fire [Can be heard, felt and seen]

Fire + Taste = Water [Can be heard, felt, seen and tasted]

Water + Smell = Earth [Can be heard, felt, seen, tasted and smelt]

**B** From the **Aura aspect of each of these five subtle elements** corresponding subtle sense organs evolved. (5 Components)

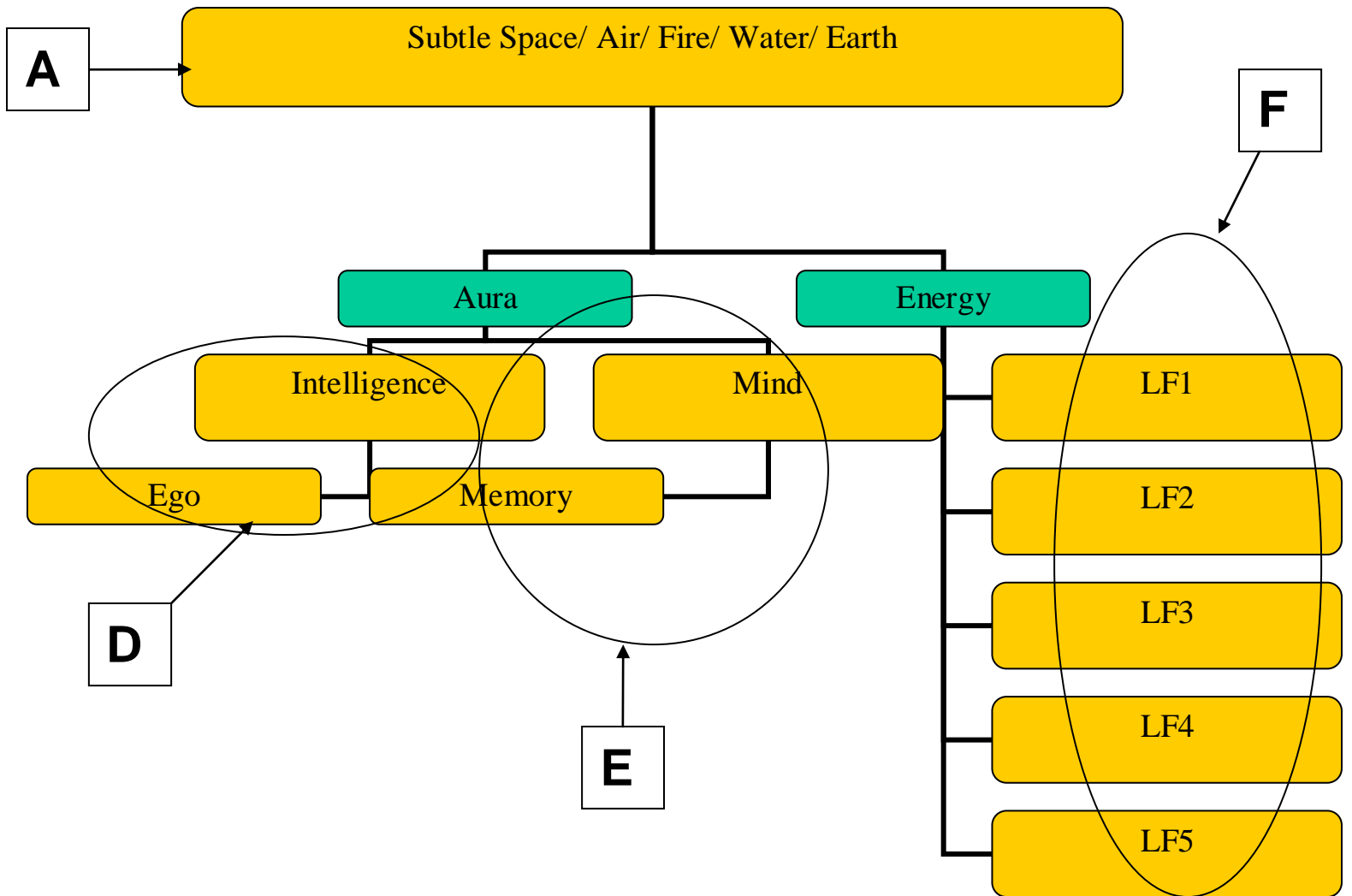
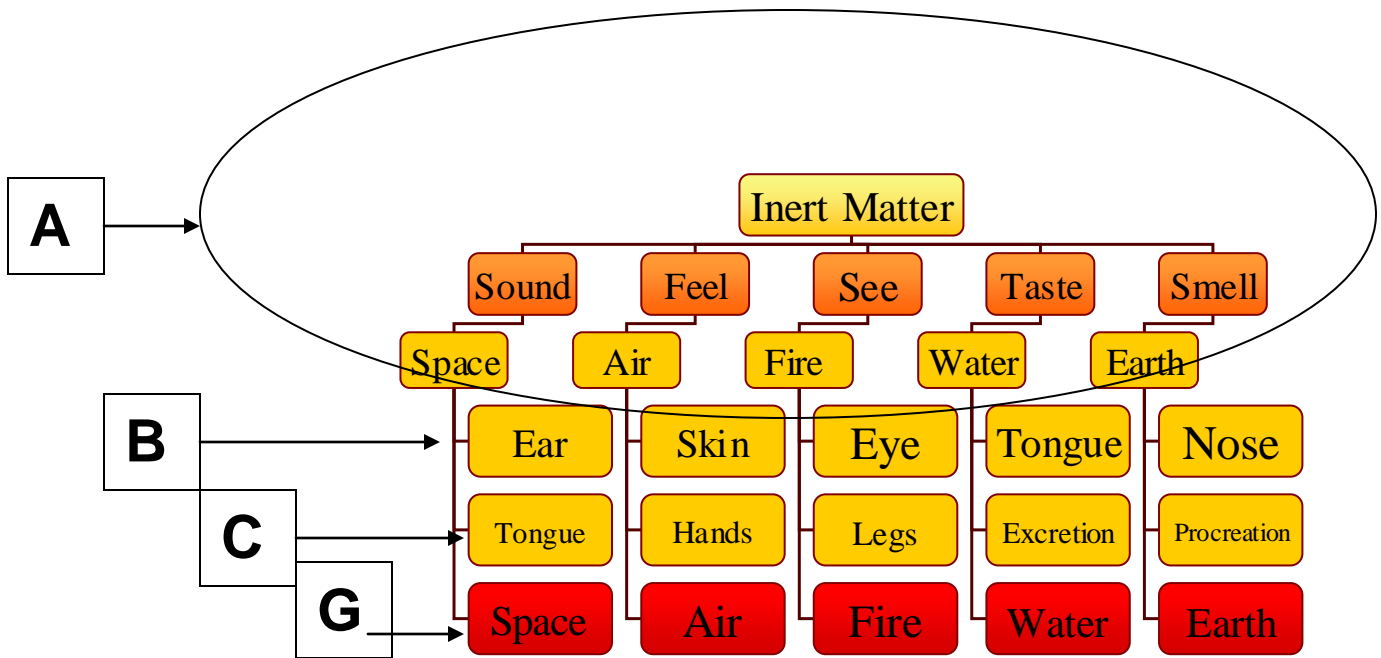
**C** From the **Energy aspect of each of the five subtle elements** corresponding subtle organs of actions evolved. (5 Components)

**D** From the **Aura aspect of ALL the five subtle elements**, subtle Intelligence combined with Ego evolved. (2 Components)

**E** From the **mixture of Aura aspect and Energy aspect of ALL the five subtle elements**, subtle mind combined with memory evolved. (2 Components)

**F** From the **Energy aspect of ALL the five subtle elements**, five subtle life forces evolved. (5 Components)

Subtle Body comprising these 19 components (B+C+D+E+F), has the power to reflect ONE.



### Step 3: Gross Form

**G** From the **Matter aspect of each of the five subtle elements** corresponding FIVE GROSS ELEMENTS are evolved with a proportionate mixture of all the five subtle elements as follows

Gross Space=50%of Subtle Space +12.5%Each of Subtle Air/Fire/Water/Earth

Gross Air=50%of Subtle Air +12.5%Each of Subtle Space/Fire/Water/Earth

Gross Fire=50%of Subtle Fire +12.5%Each of Subtle Air/Space/Water/Earth

Gross Water=50%of Subtle Water+12.5%Each of Subtle Air/Fire/Space/Earth

Gross Earth=50%of Subtle Earth+12.5%Each of Subtle Air/Fire/Water/Space

### Step 4: Evolution from these five gross elements

From the gross Space/Air/Fire/Water/Earth, God has created the Universe as we see now as described in the Big Bang theory. The Subtle Bodies of the living beings (Which represents the Energy strand of AEM) got involved in the inert matter at the appropriate time of creation and as a result, life appeared on earth. Thus, involution precedes evolution.

### Source of our gross organs

Source	Space	Air	Fire	Water	Earth
<b>Sense Organs</b>	Ear	Skin	Eye	Tasting Tongue	Nose
<b>Organs of Action</b>	Speaking Tongue	Hands	Legs	Organs of reproduction	Organs of Digestion

**Note:** Only the water born Tasting Tongue and the Organs of reproduction are difficult to control. Craving for food and sex is very special compared to the rest because both these senses require physical contact with the sense objects unlike the other senses. In addition, all the five senses will normally be involved during eating and mating. Therefore, we miss food and touch more than say hearing a song or smelling a fragrance.



## **Lesson 17: Notes on God, Living beings and the Universe      Session: A22**

### **Explanation on God/ Universe:**

It is very important to understand the difference between the ONE and God.

ONE (nameless, formless and attributeless) is Ever Witnessing Joy.

God is the combination of Illusion and the Reflection of ONE referred by many names in many religions as Siva, Vishnu, Allah, father of Jesus Christ etc.

God created this universe for giving appropriate experiences (pleasure and pain) to living beings in line with their past actions. The causal and the subtle bodies of living beings cannot experience pleasure or pain. Therefore, the gross bodies are created. The universe consisting of sense objects is created to feed the sense organs functioning from the gross bodies with experience.

### **Explanation on Illusion:**

What is real is not illusion. What is false is not illusion. What is false but appears to be real is illusion. It is the expression of the power of AEM in ONE.

For all real objects, there should be two causes. One is the 'material cause' (Material from which the object is made) and another is the 'intelligent cause' (the maker who makes the object). In case of bread, the baker is the intelligent cause and the dough is the material cause.

There is physical distance between the baker and the bread. There was a time when the bread was not baked and there will be a time when the bread no longer exists. The baker can observe this.

In the case of the universe, there is no distance between the maker and the universe. Maker is the universe. In addition there was no time prior to creation since time itself was part of creation.

If the material cause is different from the intelligent cause, the created object is as real as the creator. However, if both are same then it is an illusion.

Example: One side of a chart, a picture of a parrot is painted and on the other side an empty cage is painted. When the chart is rotated at a fast pace one sees a caged parrot. Caged Parrot is an illusion since it does not exist but appears to be real.

In the case of the universe, the material cause is ONE. The intelligent cause is also ONE. Therefore, it is an illusion.

## Explanation on Living Beings:

All Living Beings have three bodies. The Causal Body (The seed form), the Subtle Body and the Gross Body. The Gross Body lasts for a lifetime. The Subtle Body moves from birth to birth until liberation. The Causal Body is eternal and it is not independent. If the fully formed iceberg is compared to a physical body, the chillness in the water is the causal body. The chillness from which the icebergs are formed is common to all the icebergs.

The Gross body includes everything that can be perceived including the brain. (Brain is different from mind). The Subtle body includes the five subtle sense organs, the five subtle organs of action, the five Life Forces and the Mind.

Mind is divided into four modes namely, Mind, Memory, Intelligence and, Ego

Mind is the doubting faculty and Intelligence is the deciding faculty

Doubting means oscillation between two alternatives without any logic. When there is a doubt one has to inquire. All thoughts pertaining to these two aspects constitute Mind.

Memory records all the thoughts pertaining to the mind. (Since it is part of the subtle body, it carries all the memories of all the previous births) That part of the memory, which is not within the reach of Ego, is called Sub-Conscious Mind. All our knowledge is possible because of this Memory.

Intelligence is the deciding faculty. It is the result of the enquiry. It knows how to use the Ego and Memory. It can direct the mind. Exercise of free will and will power are the functions of the Intelligence.

Ego is that part of the intelligence, which falsely assumes that it is the body and mind. In reality, the ego does not exist. It is just an "I" thought that is no different from other thoughts.

### Notes on the five Life Forces (LF), which are part of our Subtle Body

LF1	LF2	LF3	LF4	LF5
<b>Operates in the physical body from</b>				
Heart	Throat	Navel	Anus	All over the body
<b>Functions</b>				
Heartbeat	Holding the two bodies together	Absorbing	Pushing out	Energy to function
Breathing	Separating subtle body from gross body at the time of death	Digesting	Excretion	Circulating the blood

**Statement 36:** ONE has the power to manifest, which is called AEM

**Statement 37:** AEM is made up of Aura, Energy and Matter.

**Statement 38:** AEM is manifested as Illusion, Delusion and Inert Matter

**Statement 39:** The combination of Illusion and reflection of ONE is God

**Statement 40:** The combination of Delusion and reflections of ONE are Living Beings

**Statement 41:** The non-reflecting part of ONE is the inert matter of the Universe

**Statement 42:** God, Living Beings and the Universe are eternally present in the causal form as AEM, which is the inherent power of ONE.

**Statement 43:** From the causal form, the Living Beings and the Universe are manifested in the subtle form.

**Statement 44:** God creates the gross universe and the gross bodies for the living beings to have experiences, from the Inert Matter.

**Statement 45:** Only the subtle bodies have the capability to reflect the consciousness aspect of ONE and therefore, they appear as living beings.

According to the story of the creation narrated by our friend (Scriptures) it is clear that since the medium of reflection is of poor quality, we are under the control of Delusion. Once we understand the process of creation, we know that our true self is not the reflected image but the original ONE.

Nevertheless, the reflection that is caught (not really) in the medium (Delusion) is continuously engaged in action because it is made up of the Energy strand of AEM.

Since we are caught in the Eternal Cycle, we do not have time to think, reflect and understand our true nature.

When we identify ourselves with the total existence then we are God.

When we do not identify ourselves with anything around us then we are ONE.

When we identify ourselves with our limited body and mind we are EGO.

The choice is ours.

**Unit 05****Introduction to Eternal Cycle****Number of Sessions 8**

(25 to 32)

**Number of Lessons 4**

(19 to 22)

On completion of this Unit, the student will be able to

- (a) Define Eternal Cycle
- (b) Understand why we are caught in a Eternal Cycle
- (c) Identify the only means to getting liberation from Eternal Cycle

**Notes to the teacher: (Ref 1.29 to 1.32 of the original text)**

Start the discussion with a question “What is the cause of the sorrow/ sad moments in life?” Go systematically until the class reaches the right reason, ‘absence of self-knowledge’ (Delusion) is the root cause.

Prove that the ONLY cause for the sufferings of ALL the human beings is Delusion.

Also, prove that majority of the people think that the environment (eternal cycle) is the cause of our suffering.

Prove that the first effect of Delusion, namely projecting power is shifting our attention from the real cause from the apparent cause...death of a relative

Prove that every one looks externally all the time...looking at our own mind is also external...the only thing to be seen is to look inside at our real self ONE

**Unit Test:****Session A32**

- |   |             |
|---|-------------|
| 1. How will enjoyment lead to action?                           | (Lesson 19) |
| 2. What is the starting point of desire?                        | (Lesson 19) |
| 3. What is wrong with the ‘Eternal Cycle’?                      | (Lesson 20) |
| 4. Are we free to do whatever we want?                          | (Lesson 20) |
| 5. List the pairs of opposites in life                          | (Lesson 20) |
| 6. What are the four constituent parts of a Human Being?        | (Lesson 20) |
| 7. How are we different from God?                               | (Lesson 20) |
| 8. What are the effects of being caught in the ‘Eternal Cycle’? | (Lesson 21) |
| 9. Why is the ‘Eternal Cycle’ eternal?                          | (Lesson 21) |
| 10. What are the qualifications of a right teacher?             | (Lesson 21) |
| 11. What should we do in order to receive the right teaching?   | (Lesson 22) |

**Statement 46:** Action is eternal.

Action includes all our physical actions, talking and thinking. Except for the time spent in deep sleep, we are constantly performing some action or other.

**Statement 47:** All our actions have some motive/objective.

In addition to goal-oriented activities, we also get involved in actions that are done purely for the purpose of relaxation. Even daydreaming, which we indulge in occasionally, is a thinking activity either involved in planning the future or done just for passing time consciously or otherwise.

**Statement 48:** The ultimate motive of all our actions is enjoyment.

All our activities have only one ultimate goal: Enjoyment.

Example: We cook food in order to eat it. We earn money in order to spend it.

**Statement 49:** Enjoyment leads to Action.

This is very difficult to understand.

Example: We are eating food in order to cook. We spend money in order to earn.

One cannot understand or accept the fact that all our actions are caused by enjoyment, unless one learns the process as detailed below.

**Statement 50:** Enjoyment makes Imprints in the mind.

We always experience the results of all our actions. We like the positive results and dislike the negative results. Some results do not affect us either way and we are indifferent towards them.

Positive results (pleasure, happiness, joy, peacefulness etc) and the negative results (pain, irritation, anger etc) make Imprints in our mind.

Example: When we enjoy eating out in a restaurant the memories of the same are imprinted in our mind. Suppose we hate the time spent there, even that is imprinted in our mind. (However, if we are indifferent then there are no strong imprints created in our mind.)

Imprints are stored in our memory as thoughts.

**Statement 51:** Imprints generate preferences

Our likes and dislikes are determined by the Imprints.

**Statement 52:** Imprints also generate reminders (thoughts)

The imprints in our mind generate reminders.

We 'feel' like going out to a restaurant because of the thoughts that pop up in our mind. The frequency of the reminders increases when the imprints are stronger.

We try to avoid the restaurant that we did not like.

**Statement 53:** Sense organs generate thoughts when they encounter sense objects.

Such thoughts are filtered by our preferences (likes and dislikes) and the memories of past events are recalled.

**Statement 54:** Ego converts such thoughts/ reminders as desires

When we enjoy the result of some actions, we would like to have more of the same. This is desire.

Desire includes desire to avoid unpleasant situations.

**Statement 55:** Desires lead to Action.

Therefore, our intense thoughts (desires) make us get involved in more action in order to fulfill our desire. (We do those actions, which will bring positive results/ avoid negative results.)

Thus, the cycle is complete. The cycle of Action for the sake of Enjoyment and Enjoyment resulting in Action

From birth to death the cycle of Action-Enjoyment-Action continues. This is the Eternal Cycle.

All human beings are caught in this Eternal Cycle. The term 'caught' is used because it is NOT POSSIBLE for any human being to come out of this Eternal Cycle without external help.

We are not aware that we cannot remain without doing action.

**Statement 56:** Actions are compulsive in nature.

It is foolish to think that we have a choice to act or not to act. We are all prisoners of our own thoughts, which are the results of our own actions.

This three-step process corresponds to our three constituent components namely, Aura, Energy and Matter.

Firstly using our power of Aura-Matter (Intelligence), we know what is happening around in our environment.

Secondly using our power of Aura/ Energy - Matter (Mind), we desire to acquire the things we like and avoid what we do not like.

Thirdly using our power of Energy-Matter (Life Force), we act to acquire the things we like and avoid what we do not like.

For example:

We see an advertisement of an object. [Using sense organs and Intelligence]

We desire the object. [Using sense organs and Mind]

We act to acquire the object [Using organs of actions and Life Force]

This is a compulsive cycle because out of our three powers the strongest is the desire since we are powered by Energy part of AEM unlike god who is powered by Aura part of AEM.

Therefore, our desire makes us to act compulsorily and it is not possible escape from this compulsion unless we gain knowledge about self.

**Statement 57:** Living in the Eternal Cycle is not joyful

There is nothing wrong in being caught in this Eternal Cycle as long as it brings only pleasure and avoids pain all the time. That does not happen.

Our actions do not yield expected results.

We are not able to fulfill all our desires at any point in our life. In other words, no one has reached a stage where one can say, "I have no more desires in life". Our repeated action makes our 'likes' stronger and drives us into more action.

On the other hand, we are not able to totally avoid negative results (desire invariably brings us anxiety, worry, insecurity, anger, frustration, jealousy, greed etc). As a result, there is fear of getting into unavoidable situations. This fear drives us into more action seeking higher security.

Thus we are caught in the Eternal Cycle of Action → Enjoyment (of pleasure AND pain) – > Action.

When the going is good, we do not want to break the Eternal Cycle. When we suffer, we feel that cannot break the cycle. The truth is pain and pleasures are two ends of the same seat belt with which we are stuck to the Eternal Cycle.

Example: When we enjoy a meal in a restaurant, we plant the seed for suffering. Either we wait for another occasion to visit the restaurant or our expectation of happiness is not met, during the next visit. Thus we suffer.

We need to realize that both the ends of the oscillation of the Eternal Cycle bind us and seek external help in order to come out of it.

Eternal Cycle refers to the oscillation between

Gain and loss  
Pleasure and pain  
Prosperity and poverty  
Fame and blame  
Good and bad  
Love and hate  
Victory and defeat

Both sides of this oscillation bind us to the Eternal Cycle.



**Statement 58:** Reason for being caught in the Eternal Cycle

The main reason for human beings to be caught in the Eternal Cycle is their constitution. As explained under the section on Creation, human beings are made out of Energy dominant mix of AEM and not Aura dominant mix. This means the 'Aura' strand is much less compared to the 'energy' strand. This 'energy' strand initiates all human beings into the Eternal Cycle and keeps them there.

Example: One sees the reflection of his face in the mirror. The three components involved in this example represent God and Human Being as described in the table below.

<b>Original Face</b>	Ever Witnessing Joy	Ever Witnessing Joy
<b>Reflecting Medium (Mirror)</b>	Illusion (Made out of Aura strand of AEM)	Delusion (Made out of Energy strand of AEM)
<b>Reflected Face</b>	God	Human Being

In case of God, since the reflecting medium is made up of Aura part of AEM (Illusion), God knows it is only a reflection and the original source is ONE only.

However, in the case of human being since the Reflecting Medium is made up of Energy part of AEM (Delusion), he thinks that he is the reflected face combined with the medium and remains ignorant of the original face.

Human being is the combination of,

1. The physical body represented by the frame of the mirror.
2. The subtle body represented by the reflecting surface of the mirror.
3. The causal body represented by the mercury behind the mirror.
4. Reflection of ONE (which is independent of these three bodies)

These four put together constitute the apparent man. Since there are problems with the frame of the mirror (body) and the reflecting surface (mind) the reflection is not as clear as the original Ever Witnessing Joy.

On the other hand, God is the combination of,

1. The physical universe (represented by the frame of the mirror)
2. The subtle body of ALL living beings (reflecting surface)
3. The causal body of ALL living beings (mercury behind the mirror)
4. Reflection of ONE (which is independent of these three)

Since God is the reflection from a superior quality mirror (Made out of Aura strand of AEM), the reflection and the original face are identical.

**Example:** If the mirror is perfect one can keep the mirror in any position and it will show a perfect reflection. But, if the mirror is tarnished or cracked a person may have to shift/bend to try and see where he can get a reasonably good reflection. In other words, our position is dictated by the bad mirror.

Thus, God has perfect control over Illusion since it is made up of superior quality material and Human Beings are under the influence of Delusion, which is an inferior quality material.

Delusion (constituted by the Energy strand of AEM) drives the human beings into Action and makes them search for completeness in the external world.

**Example:** If there is dirt on the mirror, the reflected face appears to have ugly marks on the face. If one is intelligent like God, then there is nothing to be done to remove the ugly marks (that are not) on the face. However, if one is ignorant, one will be caught into the Eternal Cycle of action, attempting to clean the face to make it beautiful!

Thus due to Delusion, human beings associate themselves with the body/mind complex. The physical body and mind are limited, mortal and prone to suffering. Nevertheless, the original entity, which is the real self, is immortal, eternal, ever witnessing joy.

Human beings due to the poor quality of the medium, wrongly assume that the only way to Joyful Living is to correct the world (including finding a way to increase the life span of the physical body and retain its youthfulness in old age) through action. The truth is Self-Knowledge alone will liberate them from the Eternal Cycle and lead them to Joyful Living.

Energy strand, which is the dominant constituent of all the human beings, cause them to be in action. This is the main reason why all the human beings are caught in the Eternal Cycle.

We are caught in the Eternal Cycle. Our efforts to gain liberation from it are similar to chasing a mirage,

We seek ever-lasting security in relationship/ possessions.

We seek non-diminishing happiness from the objects of the world.

We seek undisturbed peace from our environment.

We are nowhere near the destination and the target is ever elusive.

**Statement 59:** Effect of being caught in the Eternal Cycle

Since most human beings are chasing a mirage, it is not apparent that they are caught in the Eternal Cycle. There always seems to be something hovering in the horizon promising complete fulfillment. Therefore, human beings keep running faster and faster to reach the ever-elusive target of perfection.

All our actions are oriented towards filling up the apparent incompleteness in ourselves. Therefore, we are bound to get disappointed. The horizon is never reached.

Since we are searching for fulfillment in the wrong direction, we face problems, undergo pains and suffer miseries in life.

Practical: Take an example of a problem or crisis faced by you in the past. If YOU were not associated with that problem, then it is not a problem to you. Since you do not know your real identity, you were under the assumption that you had a problem or crisis and acted in the external world to solve it. However, the real problem is absence of Self-Knowledge.

Example: Assume you underwent a medical check up and the report says that you have cancer and that you are going to die in a few months time. You will be thinking it is a serious problem to you and your family until some one points you out the mistake of identity. The report belongs to another patient by the same name and is not yours and then you do not have any problem.

However, when a person is really in such a situation, it is not possible for him to understand that the root cause of the misery is his ignorance of his real identity.

It is not possible to inquire into truth when some one is caught in a major problem. Unfortunately, when the problem is not very serious, attempts are made to solve them partially at the surface level without any concern to find the real cause of the problem. This is the reason for all human beings to continue to be caught in the Eternal Cycle.

**Statement 60:** The Eternal Cycle does not end on death.

There is no natural ending for the Eternal Cycle. We need to end it through conscious attempt. If we do not end it in this lifetime, it will continue.

The Eternal Cycle extends beyond one lifetime. The actions – enjoyment cycle keep continuing even after death. On death of the physical body, the subtle body with all the Imprints in the mind takes another physical body and continues the journey. In the next life, it will continue to enjoy the reminders of the results of the actions done in the previous births. In addition, the Imprints gained in the previous births will influence one to get involved in more action in the next birth.

The object of desire keeps changing but the desire will be a constant factor throughout life. Due to Delusion, we think that the next unfulfilled desire will bring us fulfillment. Thus, we get involved in action to fulfill our desires. At the time of death, there will be many unfulfilled desires. They form the seed for action in the next birth.

Thus, one is caught in the Eternal Cycle, birth after birth for eternity. One cannot come out of the Eternal Cycle automatically or due to self-effort alone.

**Statement 61:** We need external help to escape from the eternal cycle

It is not possible for anyone to escape from the eternal cycle without external help. It is not even possible to seek external help, because we may not know who can help us.

Example: A worm falls into a river and struggles to breathe. It is not possible for the worm to reach the safety of the shore through its effort alone. Only when a compassionate passerby takes pity and offers a helping hand, the worm can reach the shadow of a tree. Once this is done, the worm will have a Joyful Living!

Similarly, human beings are struggling in the swirls of the Eternal Cycle. It is not possible for a human being to come out of the cycle through self-effort alone. Only when a compassionate/competent teacher who is out of the Eternal Cycle offers help, he can attain Joyful Living.

If the worm while struggling in the water gets on to a floating leaf, it no longer struggles although it is still not out of the swirling current of the river. When it is on the leaf, it may even refuse the helping hand offered by a compassionate passerby. Similarly, we may refuse the helping hand offered by our compassionate teacher, while we enjoy the positive swing of the Eternal Cycle.

Thus, we remain in the Eternal Cycle birth after birth without any hope for liberation.

**Statement 62:** External help will come through good actions.

It is already shown that we may not know how to identify a true teacher and therefore, we will not be able to get one.

Caught in the Eternal Cycle, all human beings are performing actions. Using our will power and intelligence we should consciously reduce the number of bad actions and increase the number of good actions.

The effect of these good actions will ensure that we meet the right teacher.

**Statement 63:** External help can be given only by a competent and compassionate teacher.

Competency means the ability to understand the status of the seeker and offer the help accordingly. It is like helping a child to climb the stair case one-step at a time. Depending on where the child is standing, one should be able to climb down to the level of the child and then handhold the child step-by-step.

It is said 'Compassionate teacher' because the teacher is acting without any ulterior motive or for personal gain. The teacher need not do anything because he has attained all that needs to be attained. He has no expectation from the world. The only motive of the right teacher is to help others out of compassion.

This concept of compassion is very different from that of the normal good-hearted persons. Normally noble persons serve the poor people without expecting any material gains in return. However, they gain happiness by serving others. They also accumulate good results arising out of their kind act, which will bring them a good teacher in the near future. A compassionate teacher does not need any such benefits.

The right teacher who is already living joyfully need not gain any happiness by helping others. He is out of the Eternal Cycle and therefore his actions are not prompted by any desires. Therefore, when such a teacher offers to help the seekers the only reason is that he is compassionate.

**Statement 64:** External help is in the form of teaching

In the case of the worm in the whirlpool of water, the help is physical in nature. In case of the human beings who are caught in the Eternal Cycle, the help required is at the intellectual level.

Since we are under the impression that we are incomplete, we seek fulfillment from the external world. No external help in the form of physical activity can help us in our search.

The only requirement is to understand that our true nature is Ever Witnessing Joy. Therefore, the external help has to be in the form of teaching.

The teaching can be done in many methods. One of the methods is to analyze the five sheaths and to show our real nature.

A qualified teacher, who is well versed in the Scriptures, can guide the people whose good deeds are fructifying, to discriminate between the five sheaths and the real self.

**Statement 65:** Knowledge of the Five Sheaths will liberate us from the Eternal Cycle.

To gain knowledge about the Five Sheaths, we need to understand the difference between our real self and the five sheaths covering the self. Since there is a confusion existing in our mind about the meaning of the word 'I', we need to understand this process of differentiation.

Example: When iron ore is excavated from the ground, we need to remove the impurities for obtaining the useful metal.

Similarly, we need to separate our true nature from the false notion, so that we gain the correct knowledge, which will lead us to Joyful Living.

Notes to the Teacher:

Describe the steps involved in getting out of the Eternal Cycle.

Doing good actions

These good actions will provide right company/ right books/ right teachers

Mind will be more mature to receive the knowledge.

Mature mind will understand the teachings of the right teacher and the ignorance of the Five Sheaths will be removed.

Liberation from Eternal Cycle will be achieved.

**Unit 06****Introduction to Five Sheaths****Number of Sessions 4**

(33 to 36)

**Number of Lessons 3**

(23 to 25)

On completion of this Unit, the student will be able to

- (a) Identify the five sheaths
- (b) Understand the relationship between role of each sheath
- (c) Differentiate our real self from the five sheaths

**Notes to the teacher: (Ref 1.33 to 1.36 of the original text)**

Relate Cloud shielding the Sun with five sheaths shielding the Consciousness.

It is important to relate the scientific support to the existence of five sheaths.

**Unit Test:****Session A36**

1. List the Five Sheaths. Why are they referred to as sheaths? (Lesson 23)
2. Relate Consciousness with the sheaths (Lesson 23)
3. Relate the three bodies with the five sheaths (Lesson 23)
4. What are the contents of Causal body/ Happiness sheath? (Lesson 23)
5. Why should the real and unreal not be separated? (Lesson 24)
6. Why can the real and unreal not be separated? (Lesson 24)
7. Why is it that the real and unreal need not be separated? (Lesson 24)
8. What are the three types of happiness? (Lesson 24)
9. Why we are not enlightened even after understanding the difference between our unreal body-mind notion and the real self?
10. What are the three steps, which will convert the information into Knowledge? (Lesson 25)



Our three bodies can be reclassified as five sheaths (five layers of our personality) as follows,

Gross body is the **Physical Sheath**.

This layer consists of all the internal and external parts of our physical body, which is created using the Matter strand of the Inert Matter.

On death, we discard this layer and on birth, we take a new physical layer just like changing a car when it becomes old.

The gross body is created from the amalgamation of five gross elements (Space, Air, Fire, Water and Earth).

Subtle Body is reclassified as the next three layers.

**Physiological Sheath** includes the Life Forces and the five subtle organs of actions, which are created using the Energy strand of the Inert Matter. This sheath gives us the power to act.

**Psychological Sheath** includes the five subtle sense organs, Mind and the Memory, which are created using a mixture of the Energy strand and the Aura strand of Inert Matter. It gives us the power to desire.

**Intelligence Sheath** includes Intelligence and Ego, which are created using the Aura strand of the Inert Matter. It gives us the power to know.

Causal Body is the **Happiness Sheath**.

Happiness sheath is the innermost layer. It is made up of the Delusion medium. It is eternally present and therefore, not created in time. It contains the impressions (good or bad results) of all our past actions.

We experience the causal body, when we are happy. There are three gradations in happiness.

Happiness when we come to know about an object of desire  
Happiness when we own / possess the object of desire  
Happiness when we enjoy / experience the object of desire

Whenever we are experiencing these three types of happiness, it can be said that we have identified ourselves with the causal body. The other time when we are with the causal body is while we are in deep sleep.

All these five layers shield the true nature of self. Therefore, they are referred as sheaths. We think we are the part, product or property of these five layers forgetting that we are the immortal, invisible, inner essence, which enlivens these five sheaths and survives the death of the physical body.

The five sheaths do not cover the self by hiding it away from our sight. We do continue to perceive the self but the five sheaths draw our attention away from it.

Example: Just as the characters in the movie shield the movie screen, these five layers of our personality are shielding the true self. Self is the ONLY reality just like the screen.

All the five layers are not real but appear to be real just like the characters in the movie. We are so involved with the 'real' life of the movie characters we forget our real life. Similarly, we are so concerned with and carried away by our life that we assume it is real and do not see our real self, the Ever Witnessing Joy. Due to this Delusion, we are caught in the Eternal Cycle.

The movie screen supports the movie characters but never draws our attention to it. Similarly, SELF supports the five layers but does not attract our attention to it.

Example: We cry along with a character when the character suffers in the story. Similarly, we cry when any of our five layers of personality suffer!

The movie screen is not contaminated or polluted by the actions (a blood shed in the movie will not leave a stain on the screen) of the characters. Similarly, the Self in all of us is not affected by the inadequacies of the body/mind complex.

The screen does not differentiate between the hero and the villain. Similarly, the self remains the same Ever Witnessing Joy for both a good (innocent, wise, strong, humble, honest etc) person and a bad (wicked, stupid, weak, arrogant, dishonest etc) person.

When the movie is over the screen continues to exist and it is not any different. Similarly, on death, the physical body is discarded but the Self continue to be eternally present without any changes.

In the example, both the screen and the images are inert objects. Screen is relatively more real than the images. In contrast, the five layers of our personality are inert and unreal in nature but the self that supports them, is conscious and real.

It is easier to see the Physical Sheath as inert. The mind appears to be alive. Nevertheless, it is also inert. It just reflects the sentiency that is borrowed from self.

Example: A mirror is not a source of light, even though it reflects sunlight.

Purpose of discussing the five sheaths is to understand the following statements

**Statement 66:** Human being is a combination of real (self) and unreal (body/mind)

Real is the Ever Knowing Joy which is invisible, immortal, inner self.

Unreal is the mortal body/mind complex consisting of five sheaths

**Statement 67:** Real (self) is covered by the unreal (body/mind complex)

Our attention is focused on the unreal and we are in total ignorance of the real. We are Deluded to think that the unreal (five sheaths) alone is the reality.

Example: A cloud covers the sun.

The existence and expression of cloud is possible only through the presence of sun. However, the ignorant people may think that the cloud is the source of bright light and they may not be aware of the existence of the powerful sun.

Similarly, people who are Deluded, will think that life is supported by the body/mind complex and ignore the presence of the all-pervasive Consciousness.

**Statement 68:** Real and Unreal need not / cannot / should not be separated

Real and Unreal need not be separated because there is no problem arising from their togetherness.

Example: Two children are fighting with each other. Since fighting is harmful, we need to separate them and stop the fight.

However, in our case of Real and Unreal, there is no such problem. Real can never be affected because it is attribute less, name less and form less. Unreal is inert matter and therefore it cannot be affected. (If we hit a stone with a hammer neither sees it as a problem.)

Real and Unreal cannot be separated because Real is ONE. ONE is infinite. That means nothing can exist outside ONE. There cannot be any time and space between Real and Unreal. Therefore, they cannot be separated.

Example: The plains of solidified lava give the appearance of a human-like face on the moon. This face cannot be separated from the moon.

Real and unreal should not be separated because we cannot exist otherwise. Real by itself is incapable of any action since it does not have any means. Unreal by itself is incapable of any action since it is inert and has no power to act.

Example: Electricity and an electrical gadget. Electricity cannot be useful unless it is combined with a gadget. Gadget without the electricity is also useless.

**Statement 69:** Discriminating the Real from the Unreal is an intellectual exercise that removes our ignorance.

We do not recognize the existence of the real self and we associate ourselves with the unreal, body/mind complex. This is the cause of being caught in the Eternal Cycle. Therefore, the solution to the problem is to understand the role of the Five Sheaths and associating ourselves with the ONE, which is our Real Self.

Once we gain this knowledge, we will have Joyful Living.

Information is different from knowledge.

“You are Ever Witnessing Joy and not the body/mind complex” is a piece of information and not the knowledge. In order to convert this information into knowledge one has to go through a three-step process.

**Statement 70:** Inquiry is the first step towards knowledge

Inquiry will involve consistent and systematic study of the Scriptures under the guidance of a competent teacher for a considerable length of time.

Inquiry is the process of developing a sense of discrimination. Discriminating the real from the unreal is the foundation for gaining the ultimate knowledge.

One should inquire deeply about the body/mind complex and Ever Witnessing Joy in order to develop the sense of discrimination

Example: In order to segregate the real pearls from the unreal, one should have complete knowledge on both and skills to discriminate between the real and unreal.

**Statement 71:** Introspection is the second step towards knowledge

Assimilation of the reading gained in Step 1, through logical questioning and practical testing. This step is crossed when the knowledge becomes one's own knowledge, which does not need the support of the Scriptures or/ and the teacher.

**Statement 72:** Inner Transformation is the third step towards knowledge

Living by the newly acquired knowledge until one is as sure of the Real identity as one is sure of the Unreal identity before gaining the knowledge.

These three steps are elaborated in the next three units.

**Unit 07****Inquiry (1<sup>st</sup> step to knowledge)****Number of Sessions 5**

(37 to 41)

**Number of Lessons 4**

(26 to 30)

On completion of this Unit, the student will be able to

- (a) Define Inquiry
- (b) Identify the tools required to do the Inquiry
- (c) Understand the meaning of the term You Are That

**Notes to the teacher: (Ref 1.37 to 1.48 of the original text)**

It is important to encourage the students to ask the right question. Mere delivery of the lesson content is not enough. Students must be made comfortable with the contents.

Introduction to three states, waking, dreaming and deep sleep, may be necessary and it is not covered in the lessons.

Discuss how You Are That can be considered as the central message of all the religions. This is not covered in the lesson.

**Unit Test:****Session A41**

1. Explain the two opposite components that are bundled together and referred by the word "I". (Lesson 26)
2. Explain P/A Test (Lesson 27)
3. How the P/A Test is applied in the context of "I" (Lesson 27)
4. Explain the Two Steps in gaining any knowledge (Lesson 28)
5. Explain the Four Types of Meaning (Lesson 28)
6. How are the two steps used in gaining the knowledge of "I" (Lesson 29)
7. What Types of Meaning are used to derive You Are That? (Lesson 29)
8. What is an Aha experience? (Lesson 30)

**Statement 73:** Inquiry means understanding the meaning of “You Are That”

Inquiry refers to the process of gaining thorough understanding through reading and listening to the central theme of the Scriptures.

The central theme of the Scriptures is You Are That.

**Beginning of Inquiry:**

The usage of the word ‘I’ is very ambiguous because we are not clear about its true meaning.

Example: ‘I am hurt and my body is aching’. This statement shows that we are not clear whether we are the body or we have a body.

We normally use the word ‘I’ to refer two different aspects. One is the body/mind complex and something else that enlivens this body/mind complex. We call it by different names like Soul, Life force or just ‘life’. The proper name for this is Consciousness or Awareness.

We are sure that our Body/Mind Complex and Consciousness are bundled together. Since it appears that death alone can separate them, we tend to think that they depend on each other.

We refer to this bundle by the word ‘I’. This is ignorance caused by Delusion.

Ignorance is a problem relating to our intellect wrongly perceiving the meaning of the word ‘I’. It is a case of mistaken identity.

Our intellect is wrongly assuming that we are this inseparable combination. In order to remove this ignorance, one has to inquire into the true meaning of the word “I”. The process of inquiry will help us to discriminate the truth from the unreal.

We shall first separate the Body/Mind complex from Consciousness by using appropriate tools and then understand our true nature.

The Scriptures say that what we call as ‘consciousness’ is really a reflection of the original (and only) consciousness and therefore, depending on the context the word consciousness should mean either the Original Consciousness or the Reflected Consciousness.

We need a tool to separate any two materials that are mixed up together.

Example: We use a machine to separate rice from the husk

Similarly, we use a tool called Presence/Absence Logic (P/A for short) Test to separate Consciousness from the body/mind complex.

We never include our dress in the meaning of the word “I” because our dress is an incidental addition and not an integral part of “I”. Similarly, there are many incidental additions (like spectacles, artificial dentures and wig) that we have with us for most of the time. But we know that they are not included in the meaning of the word “I”

To conclusively identify whether a particular object, say spectacles, is an incidental addition or an integral part of an old man, we use P/A Test.

#### **P/A Test for Spectacles:**

In the daytime, the old man is present and the spectacles are present – True  
During night, the old man is present but the spectacles are NOT present – True

If both the above statements are TRUE, then the object (spectacles) fails the P/A Test and we conclude that it is just an incidental addition and not an integral part of the old man.

ONLY if the answer is TRUE for the first statement and FALSE for the second, the object will pass the P/A Test. Else it will fail.

We will now use this P/A Test to test whether the five sheaths are intrinsic parts or incidental additions of the old man by testing the Physical Body, Subtle Body and Causal Body.

**Statement 74:** Physical Body is an incidental addition and not an integral part.

In the daytime, the old man walks, talks, perform various actions and perceives various sense objects with the use of his physical body – True

In the dream, the old man walks, talks, performs various actions and perceives various sense objects WITHOUT the use of his physical body – True

Therefore, the Physical Body fails the P/A Test.



**Statement 75:** Subtle Body is an incidental addition and not an integral part.

In the daytime, the old man is thinking and uses his sense organs. – True

In the deep sleep, the old man has no thoughts nor the organs function – True

Therefore, the Subtle Body fails the P/A Test.

**Statement 76:** Causal Body is an incidental addition and not an integral part.

Normally we do not think that we have a causal body, therefore it is really not required that we need to apply the P/A Test to find out whether it is an incidental addition. Anyway, this can also be proved by using P/A Test.

When the old man is present, his Causal Body is present. – True  
(If anyone thinks that the answer is False then it is already fails the P/A test)

In deep meditation, old man is present but his Causal Body (Delusion) is not present. – True

(When the old man is in deep meditation, there are no thoughts. He experiences the oneness with the ONE. In that experience, he does not have any Delusion, which means the causal body is not present.)

Therefore, the Causal Body fails the P/A test and it is an incidental addition and not an integral part of the old man.

**Statement 77:** Consciousness is the integral part and not an incidental addition

The old man is present and the Consciousness is present. – True

At ANY point of time or place,  
The old man is present and his consciousness is NOT present – False

Therefore, the Consciousness (alone) passes the P/A Test and it alone is the integral part of the old man. In fact, since nothing other than consciousness passes the P/A Test, we cannot say it is a 'part'. The old man is consciousness.

Note: On death, the old man's physical body alone is discarded. His subtle body, causal body and the Consciousness continue to survive. On the dissolution of the whole universe, the subtle body is also resolved and the causal body alone remains in the unmanifest state as a part of AEM. Consciousness is eternally present without any change. However, these details are not relevant for the topic under discussion. Our focus here is to arrive at the correct meaning the word "I" while the old man is alive, which is consciousness as concluded above.

**Statement 78:** There is no space between my consciousness and me

I do not have to travel anywhere to reach my consciousness.

**Statement 79:** There is no time gap between my consciousness and me

I do not know when I started to exist and this means I am present all the time and I will always be present.

This means my consciousness is not an incidental addition like my body/mind complex.

Thus, we have found out our true identity. We are not our dress, contact lens, physical body, mind or wrist watch. We are the Consciousness.

**Statement 80:** The word “I” refers to Consciousness

We are under the spell of ignorance caused by Delusion that we are the body/mind complex for a long time. Therefore, it will take a while to understand the implication of this.

Example: According to a recent discovery, Pluto is no longer eligible for a planetary status. When some one asks about the number of planets in the Solar System, we might say nine by force of habit. However, we must realize it is a mistake and slowly train ourselves to the new truth. If we continue to include Pluto as a planet then we will be forced to include many more objects as planets and cannot progress in our knowledge on planetary astronomy!

Similarly, we should get clarity on our real nature.

How do we gain any specific knowledge?

Collection of information

Select the appropriate sense organs

Use the sense organs efficiently

Collect all the relevant information

Convert the information into knowledge

Process the information by comparing with the previous knowledge (stored in the memory)

Apply all the relevant information with respect to related details like the time, space and the context in which the information is collected

Use logic and discriminatory sense to convert the filtered information into knowledge.

Let us apply the above stated steps to see how we identify a person from an old group photo.

Collection of information

Select the appropriate sense organs: **Use the Eyes.**

Use the sense organs efficiently: Since the photo is taken a long time ago, **see properly**, may be with a magnifying lens if required.

Collect all the relevant information: Read when, where and on what occasion the photograph was taken.

Convert the information into knowledge

Process the information by comparing with previous knowledge (stored in the memory): **Do you recall any familiar face?**

Apply all the relevant information with respect to related details like the time, space and the context in which the information is collected: **Recall the names of all the persons** whom you know, who will fit with the data collected with respect to age, venue, occasion etc.

Use logic and discriminatory sense to convert the filtered information into knowledge: It is not possible to name a person who has not been born when the photograph was taken. **Use such logic.**

As a result of following the above steps we can correctly identify the person OR make a mistake depending on how well we do these steps. Both Collection of Information AND Conversion into knowledge are equally important but Conversion into knowledge MUST be based on the information received from the primary sense organ, namely eyes in the above example.

## Four Types of Meaning

A word can have any one or more meanings depending on the context.

Example: Mango

Type 1: Direct Meaning (Mango is the name of a fruit)

This is the most often used meaning of the word 'Mango'.

Type 2: Figurative meaning

In a computer game of collecting mangoes this word may refer to the score

Type 3: Situational meaning

It may mean a ripe fruit if one wants to eat it or it may mean the unripe mango if one wants it for cooking.

Type 4: Appropriate meaning

"Can you eat a full mango?" Here it means the edible parts of the mango and not the skin and seed parts of the mango.

"Buy me a full mango". Here it means the entire mango and not just the edible part

Type 4 has following three sub types, which are explained with the example:

**"It is time for my medicine"**

Subtype 1: **Total Negation**

Depending on the situation, one should negate the entire direct meaning of a word and take a totally different but related word to be the meaning.

It might be possible that it means liquor and not medicine.

Sub Type 2: **Imputed Meaning**

Depending on the situation, one should include an additional meaning along with what is conveyed

Maybe the person is indicating that he wants to take the medicine AND go to sleep, which may also mean, "Leave me alone. I want to sleep".

Sub Type 3: **Part Negation and Part Acceptance**

Depending on the situation, one should include only certain parts of the meaning of the word and exclude certain other parts.

Maybe we are supposed to bring the regular medicines excluding the sleeping pill since the patient is already feeling sleepy.

It requires a high degree of intelligence to figure out what exactly is the meaning of the sentence. Normally one should take the literal meaning of a sentence (Type 1). If we find any contradiction in the meaning then we should explore the other types and figure out which type of meaning should be taken.

The level of intelligence of a person determines his understanding level. Suppose you tell your guest 'eat the full mango' and if he attempts to eat the skin and seed, it shows his level of intelligence.

Unless a person is highly intelligent it is not possible to understand, the correct meaning at all times.

Example: You can educate your not-so-intelligent guest on what you mean by 'full mango' and may be next time he will eat only the edible portion. However, it is not possible for you to guide him at all times.

Imagine you are visiting his house and he gives you mango juice. After drinking it you ask him, 'Can you give me one more glass' and he gives you an empty glass, what will be your reactions?

The bottom line is such persons cannot get the right knowledge in most situations.

Although intelligent, many of us are conditioned to see the wrong picture of ourselves. Therefore, it is increasingly difficult to see the right picture.

**Right knowledge Vs Wrong knowledge**

The process of getting the knowledge remains same as discussed earlier. Whether it is right or wrong depends on how efficiently we complete each of the above steps. If there is any mistake in any of these steps, we will get wrong knowledge.

Example: When we want to identify a person in a group photo taken twenty years ago, the probability of getting wrong knowledge is high. Sometimes we will not be able to get the knowledge at all. We then have to believe what has been told to us by others.

Nevertheless, the process of gaining the knowledge remains same whether we get to right knowledge (correctly identifying a person in the photo) or wrong knowledge.

Similarly, for identifying our real nature, we need to do two things.

**Statement 81:** Scriptures are the only source to know God.

Collect the information using the appropriate source: **Scriptures**.

It is not possible to get this information from anywhere else. Since reading and understanding the Scriptures is a difficult, if not impossible process, one must get the help of a teacher and listen to the teaching intently in order to understand the meaning of the words.

**Statement 82:** We need to apply scientific/ logical enquiry to understand the content of the Scriptures.

Then we need to use our discriminatory sense and convert this information into knowledge.

Discriminatory sense should not be allowed to work independent of the Scriptures. If it does, it will come to the wrong conclusion.

Any information that is communicated using words can be understood correctly only if we are clear about the four different types of meaning to a single word as detailed under the heading Four Types of Meaning.

Let us now attempt to understand the right meaning of the central message of the Scriptures: "You Are That"

This is the central theme of the all the religions in the world.

The word, 'THAT' in the sentence refers to God. The Direct Meaning of the sentence means, "You are God".

We can see a contradiction here. One may wonder, "How can I be God? God is all-powerful and I am powerless. God is omnipresent and I am limited to this place and time. How can I be equated to God?"

Therefore, we should ignore the direct meaning of the sentence and use the Subtype 3 (Part Negation and Part Acceptance) of Type 4 (Appropriate Meaning) to find out the true meaning of the sentence.

**Statement 83:** YOU means reflected Consciousness

Meaning of the word YOU includes the following as seen earlier.

- Normal additions to your physical body like dress, shoes, jewels etc
- Gross Body
- Subtle Body
- Causal Body
- Reflected Consciousness

One should include only the relevant parts and ignore the irrelevant parts, depending on the context.

All the following statements are true but they all refer to different parts of 'I'.

- I am gorgeous (Refers to my physical body including all the add-ons)
- I am fat (Refers ONLY to my physical body excluding my dress)
- I am hungry (Refers ONLY to my LF3 in my Subtle Body)
- I am angry (Refers ONLY to my mind sheath in my Subtle Body)
- I am intelligent (Refers ONLY to my intelligence sheath in my Subtle Body)
- I am drowsy (Refers to my Subtle Body and Causal Body)
- I am immortal (Refers ONLY to my consciousness)
- I am here – (Refers to EVERYTHING that is listed above)
- I am there with you – (Means my mind is with you while physical body is here)
- I am everywhere – (Refers ONLY to my consciousness)

The meaning of the word in its primary sense (that includes any or all the parts) is limited by space and time.

Therefore, we should take ONLY Reflected Consciousness and exclude all other add-ons. Then we should apply Type 3 – Situational meaning, and take the Original Consciousness as the meaning of the word YOU and not the reflection.

Still the Consciousness does not seem to be God.

**Statement 84:** THAT means reflected Consciousness

We need to infer the meaning of the expression God, applying the same logic.

The word 'God' normally includes

- All inanimate things
- All gross bodies in the universe
- All subtle bodies in the universe
- All causal bodies in the universe
- (In short the entire creation)
- Reflected Consciousness

We exclude everything else other than 'Reflected Consciousness' and we take it to refer to the Original Consciousness. Then we can see the meaning of the sentence YOU ARE THAT as follows

You are Consciousness  
God is Consciousness

**Statement 85:** Therefore, it is proved that you are God.

God is the reflection of ONE seen through the medium of Illusion.

You are also the reflection of ONE seen through the medium of Delusion.

Since both are reflections of the same original, both are same.

Example: A Concave Mirror and a Convex Mirror are kept on two sides of an object; the object will appear to be very big in one mirror and very small in another mirror. When we say the Small Object is same as the Big Object, we do not mean the reflection. We negate the reflection, we negate the mirrors and we mean only the object, which is independent of the mirrors.

There is no connection between the object and the mirrors

Similarly, Consciousness has no connection with either the God or with human beings.

Although the movie screen supports all the characters in the movie, it is not contaminated or polluted by their presence nor is it destroyed by their absence. When the movie is over the screen continues to exist. One need not stop the movie to see this truth.

Similarly, the Consciousness is not affected in anyway by the presence of a body, nor is it destroyed on death of a body. This can be understood easily if we see the connectionless-ness between our body and the Consciousness. This is an intellectual process and gives an 'Aha' experience on realization of the truth.



Summary:

If we read some medical literature on how we digest food and extract energy from it, we may find it complicated, yet in actuality we digest food without any conscious effort.

Similarly, reading the tools for discarding irrelevant parts and using the relevant part alone for understanding the statement “You are that” may sound difficult. Nevertheless, we are accustomed to doing this as shown in the following example.

Example: On the 25<sup>th</sup> anniversary of your graduation, you attend a function where you meet many persons. You see an old, fat, bald, well-dressed but gloomy person sitting just opposite to you. One of your friends comes and introduces him to you as your close friend in college whom you had met 25 years back. Immediately you get a picture of a young, thin, shabbily dressed jovial person with lots of hair in your mind. All the attributes of both the person are different. But you discount all of them; you realize the person whom you see in front of you is the same person whom you knew well 25 years ago and have an ‘Aha’ experience.

Similarly, you are conditioned by wrong information about yourself and the Scriptures tell you who you really are. There are many differences between the two of you (There is really no two persons!). However, when you discount all the apparent differences (incidental additions) and see the identity (the intrinsic part); you will have an ‘Aha’ experience. This is called liberation or enlightenment.

Just as a movie, the body has an entertainment value.

Consciousness without a body cannot have entertainment. Therefore, after realization one can start enjoying the presence of the body, as long as it is available. The meaning of the word liberation or enlightenment is to know the correct meaning of the word ‘I’. The whole life will be a play after that.

Mortality belongs to the body. You are immortal.

Limitation belongs to the mind. You are infinite.

YOU ARE THAT.

**Statement 86:** ‘Aha’ experience is enlightenment.

**Unit 08**      **Introspection (2<sup>nd</sup> step to knowledge)**      **Number of Sessions 5**  
(42 to 46)  
**Number of Lessons 4**  
(31 to 34)

On completion of this Unit, the student will be able to

- (a) Own up the knowledge so far gained
- (b) Ascertain what needs to be done as a next step towards joyful living

**Notes to the teacher: (Ref 1.49 to 1.53 of the original text)**

The entire unit is to be delivered as practical. There shall be group discussion and the teacher should guide the discussions so that learning happens automatically.

More notes are given under each lesson.

**Unit Test:**

**Session A46**

1. Explain how the Universe does not exist.
2. Explain how ONE alone exists
3. How can we conclude that science cannot find the truth?
4. How can we know the central message of all the religion?
5. Why there is so much confusion with regard to religion in the world?

Notes to the teacher:

Introspection is the process of internalizing the knowledge gained through Inquiry.

Example: “He eats 10 loaves of bread for breakfast.” The first step is to understand the meaning of the sentence (for example, the size of a loaf etc), which comes through Inquiry. After Inquiry, one may understand the sentence but may not believe it is possible for anyone to eat this much. If that person eats 10 loaves of bread to prove the point, then it can be believed to be true and the introspection will end.

Similarly, the students have to get convinced that the central message, ‘You Are That’, is true. The teacher must initiate a discussion to facilitate this goal.

During the process of Inquiry, the responsibility of transferring the knowledge lies with the teacher. In the process of Introspection, the responsibility lies with the student to absorb the knowledge. The teacher’s role is to facilitate the discussion.

A set of model questions and answers are given below:

**Question:** Is it ever possible to live joyfully all the time?

**Answer:** Yes. The only way is, to understand the central theme of the Scriptures.

**Question:** What is the central theme?

**Answer:** You have to Inquire and find that it is “You are that”.

**Question:** OK. I have now inquired and understood it. Nevertheless, I still have problems in life and I do not see the possibility of living joyfully?

**Answer:** In order to get the benefit of this knowledge there are two more steps. The next step is Introspection, which will make your knowledge stronger.

There are two streams of knowledge in the world. One is 'science'; the other is 'religion'. Science has made significant progress and transformed the cave man of Stone Age into a modern man with incomparable status as regards to wealth, health, physical security and comfort. However, science has failed to make any significant progress in making life joyful. It is not possible to solve all our problems through mere economic development.

One has to understand this limitation of science in bringing everlasting peace, non-diminishing happiness and undisturbed security and turn towards Religion.

Scriptures are the only source of pointing the way to heaven in this world.

**Question:** There are many religions in the world. In each religion, there are many sub sects. Beliefs and faiths seem to vary widely, even within the same religion. Then how is it ever going to be possible to gain any knowledge from this ocean of information.

**Answer:** Our intelligence is the only key. If we follow the life style prescribed by our religion (it could be any religion) we will come to a stage wherein we will be ready to inquire the central theme of the Scriptures of all the religion in the world.

The inquiry if done properly will lead us to the knowledge "You are that"

**Doubt:** There are many messages given in various Scriptures, which appeal to me. How am I to know that "You are that" is THE central theme of all the religions?

**Answer:** Having understood the meaning of the central theme "You are that" one has to cross the next two steps, namely 'Introspection' and 'Inner Transformation' Joyful living will be possible on completion of these two steps. That is the proof that 'You are that' is the central theme. The proof of the pudding lies in the eating

Example: After crossing 80% of the distance towards a place suddenly if you get a doubt whether you are on the right path, the prudent thing to do is to cross the remaining 20% and then see whether it is the right path.

**Question:** Ok. I am ready to cross the remaining 20% distances in the path to Joyful Living. Tell me what to do.

**Answer:** Having gained the knowledge you should start questioning your own understanding. It is essential that you test the strength of your newly acquired knowledge. It should not be just another knowledge, which co-exists with contradicting knowledge.

Example: A judge must listen to the arguments from both the sides and come to one conclusion/ conviction. He cannot decide that both the arguments are logical and conclude, "Both are correct from their respective point of view". The judge must decide one way or another.

Similarly, it is essential to understand that the ONLY truth is "You are that" and it is not yet another version of the truth. In order to reach this stage we should gain clarity on the meaning and purpose of all the teachings of all the religions. We should be free of any doubts in this respect.

**Doubt:** What is this ONE?

**Answer:** It cannot be explained by words because it is nameless, formless, attribute less, infinite, immortal, eternal, inseparable whole. ...

**Doubt:** Then how do you know it exists?

**Answer:** It is explained in the Scriptures through indirect statements. (It cannot be explained by direct statements)

**Doubt:** Indirect Statements means ONE has some attributes. If it does not have any attributes how can any indirect statement show it? (Indirect sentence means “Depending on the situation one should negate the entire direct meaning of a word and take a totally different **but related word** to be the meaning”)

**Doubt:** If ONE has attributes then it is yet another object in creation and cannot be eternal. If it has no attributes then it cannot be explained by Scriptures. Therefore, it does not exist.

**Answer 1:** How do we prove anything exists? In order to say something exists, (Test 1) there should be a basis on which its presence is perceived and (Test 2) we should be able to define it.

We cannot prove anything else (other than ONE) exists!!

**Proof that nothing can be proved to exist:**

We feel the universe exists because we perceive it. However, we cannot define it as explained below. (So it fails the test of existence)

Take any specific object and try to define it. You will have to explain it by saying about its attributes (name, form, big, small, soft, hard, tall, short, red, blue etc) or composition (components or parts of it) or action (what it does) or relationship (with something else) or accept that it cannot be explained!

It is not possible to define anything that we perceive because they do not exist for real. If we attempt to explain them, we will be caught in one of the five problems as listed below.

Explanations are given to negate the existence of any object by showing that it is not possible to explain the object using its attributes. Same arguments will hold good for using composition, action or relationship to explain the object.

Think of any object and answer the following questions.

### **Five Problems while explaining anything**

1. Self Contradiction ('I am dumb')

The object has an attribute called X.

Does this attribute depend on the object that you are trying to describe?

Yes. (If you say no, it will be self-contradicting)

2. Self Dependence ('I stand on my shoulder')

Then tell me about that object which has X attribute.

It has Y attribute. (If you say X attribute, it will be Self Dependence)

3. Mutual Dependence ("I stand on your shoulder and you are on mine")

Then tell me about that object which has Y attribute.

It has Z attribute. (If you say X attribute, it will be Mutual Dependence)

4. Cyclical Dependence (I stand on you, you stand on him and he stands on me)

Then tell me about that object which has Z attribute.

It has A attribute. (If you say X attribute, it will be Cyclical Dependence)

5. Recursive (never ending...)

Then tell me about that object which has A attribute.

It has B attribute. (There is no end. You will never be able to explain this object to me)

Therefore, it is proved that NOTHING exists!

**Doubt:** But I perceive the universe and how can you say it does not exist, just because I am not able to explain it?

**Answer:** What is perceived but cannot be explained is called Illusion and not real. What is real should be perceived and it should be possible to explain it as well.

**Doubt:** Then how can ONE pass the test of existence?

**Answer:** It passes in the very first step. We can explain ONE by saying, 'ONE is the substratum on which the universe rests'. Is ONE related to the Universe? NO. For all the objects in the universe, if the answer is NO in the first step, it is self-contradiction. For ONE it is not because it belongs to the higher order of reality.

Example: Can you be hungry and feel full at the same time. Yes, in the dream you may feel the hunger while in reality you are full.

Can water and dryness coexist? Yes, in a mirage.

Thus, the self-contradiction is applicable only if both belong to same order of reality.

**Doubt:** If ONE does not have, any attribute how can it be explained in the Scriptures?

**Answer:** ONE is explained by indirect statements since it is attribute less. In order to describe it through indirect statements, it has to have a relationship. It has a relationship with the universe, which is not absolute relationship, but a relationship that is imposed on it. ONE is the substratum upon which the entire universe is perceived. This superimposition is the relationship.

It is just as a snake is seen on the rope in the twilight. If the rope is not there, one cannot see the snake. Nevertheless, the rope does not have any relationship with the snake. We superimpose the form of snake on the rope due to our lack of knowledge. If we critically examine the snake, snake will vanish and only the rope, which is the connectionless substratum of the snake, will remain.

Similarly, we see the universe and do not perceive it to be ONE. If the ONE were not there, we would not have seen the universe. Nevertheless, the ONE does not have any relationship with universe. We superimpose the universe on the ONE due to our lack of knowledge. If we critically examine the universe (as we tried to explain an object but being caught in the 5 issues and accept our inability to explain), the universe will vanish and only the ONE which is the connectionless substratum of the universe will remain.



**Doubt:** If we call universe an illusion then we should call ONE an imagination because, it can be explained but cannot be perceived. ONE also fails the test of existence.

**Answer:** ONE can be perceived as well.

We have five sense organs. Assume that none of them are available to you. Then you cannot perceive the existence of the universe. Nevertheless, you can perceive the presence of your self. That is ONE. Moreover, the Scriptures declare that YOU ARE THAT ONE.

So ONE can be perceived and explained. Therefore, it is the only reality.

Just like in the dream world is a lower order of reality, the waking world is also a lower order of reality comparatively. When we wake up, we realize that the dream world is an illusion entirely created by our mind.

We assume that our five senses report the existence of the world around us and therefore the world exists as a fact. This is a wrong assumption. Our sense organs report only what is perceived and do not comment on whether it is a fact or not.

Example: If we see an object, the eyes report the color and shape of the object. Eyes do not say that the object exists as a reality. (In a magic show, we do not believe the eyes, since we are aware that we are seeing a show. Unfortunately, we are not aware that life itself is a magic show. This is so because of our Delusion)

Due to our ignorance, we assume that the object exists. Scientifically it is proved that the object is nothing but a dance of atoms, which is actually pure energy. Our current inquiry about the Scriptures is guiding us to see the truth as truth, that nothing (except ONE, since one is aware) in the universe exists.

When we are awakened to the knowledge given by Scriptures, we realize that the so-called real world is also an illusion created by our Delusion in the mind!

When this Delusion is wiped out, we complete this second step to knowledge, namely, Introspection.

Until we get the right knowledge, we should continue our Inquiry.

In addition, until we clear all our doubts, we should continue our Introspection.

Once we have doubtless right knowledge we should proceed to the final step in gaining knowledge, namely, Inner Transformation.

**Unit 09 Inner Transformation (3<sup>rd</sup> step to knowledge) Number of Sessions 7**

(47 to 53)  
**Number of Lessons 6**  
(35 to 40)

On completion of this Unit, the student will be able to

- (a) Identify the role of two types of meditation
- (b) Understand the process of Managing the Thoughts
- (c) Understand the process of Managing the mind
- (d) Learn the right method to do meditation

**Notes to the teacher: (Ref 1.54 to 1.62 of the original text)**

It is expected that each student will be having different types of issues to overcome. The teacher has to deal with them independently and appropriate solution should be suggested.

**Unit Test:**

**Session A53**

1. What is the need to do the final step, Inner Transformation (Lesson 35)
2. Why should the mind be trained?
3. Discuss the difference between Generic Meditation and Specific Meditation.
4. Explain the difference between the three types of thoughts
5. Describe Aha experience

Once the first and second steps (Inquiry and Introspection) are completed properly, one will get a clear and doubtless knowledge of ONE. At this stage, many will get the benefit of the knowledge, namely liberation from the Eternal Cycle. However, for some it does not happen. They seem to continue to get affected by the world in spite of the knowledge that the whole universe is the illusion.

If the real nature of God, Self and the universe is not understood one has to go back to Step 1 (unit 7) and do the Inquiry until the understanding happens.

If the real nature of God, Self and the universe is not known as truth one has to go back to Step 2 (Unit 8) and do Introspection until knowledge of the truth is doubtlessly known.

If Joyful Living does not commence even after successfully completing the first two steps, one has to enter the third step, Inner Transformation.

**Statement 87:** Enlightenment does not involve any mystical experience

Every one of us is capable of getting the enlightenment. Enlightenment is nothing but the firm and steady knowledge that we are ONE and not the body/mind complex.

There is a misconception, which says that one has to get a mystical experience of being one with the God! This is wrong.

One is experiencing ONE all the time and lacks the knowledge that it is the SELF/ ONE that powers this phenomenal existence. Therefore, once the knowledge is gained through the first two steps (Inquiry and Introspection) one should normally get the benefit of liberation. However, it may not happen for all of us.

Example: In a house, which is not inhabited for a long time, even after filling the overhead tank with water, it may not flow in the taps. Water will not come from the tap not because there is no water in the tank but because there are blocks in the pipe. One needs to remove the blocks to get the water flow from the tap.

Normally this ultimate knowledge is gained only after adequate preparation of the mind. Nevertheless, there are exceptions. Knowledge is gained without the intelligence having complete control over mind. In such cases, the benefit of the knowledge will not be available until the mind is prepared well. It is like filling the overhead tank with water without ensuring that the outlet pipes are not blocked.

**Statement 88:** When the Mind is not fully trained, Inner Transformation is required to realize the benefit of enlightenment.

The mind is trained over many centuries (in various past births) to think that the world is real and that the ONE is an unrelated entity, which may or may not exist. However, the newly acquired knowledge says just the opposite that ONE is the only real entity and the rest is an illusion.

It will take a while for this knowledge to sink in the mind. This final step, Inner Transformation, is to help the seeker to overcome this problem.

In order to get the benefit of the knowledge one has to remove one final obstruction, namely, 'untrained mind'. It is generally not possible to gain the knowledge without training the mind in the first place. Nevertheless, some people may gain the knowledge without a fully trained mind. Such people will have to follow this prescribed practice (Inner Transformation) in order to prepare the mind and make use of the knowledge.

Example: Assume that after years of keeping a dictionary in the bookshelf, we changed its location to a new place that is just above the reading desk. Now our mind has the new knowledge that the dictionary is not in the old place. Yet, we tend to keep going to the same old place before we realize that it is not there.

This is so because the mind is trained to look for the dictionary in that specific place and it was habituated to go to the old place. It will take a while to get the benefit of the knowledge and get it directly from the new place. While one can access the dictionary without going anywhere, due to the past habit one will get up from the seat go to the book-shelf, search for it and then realize that it is right on the reading desk.

Similarly, our mind is trained to look for happiness, peace and security in the external world. Now the new knowledge shows that one need not run around the world seeking material gains in order to fulfill these needs. It will take a while for the mind to get used to the new knowledge and stop chasing the mirage.

However, it will not automatically happen. One needs to train the mind and imbibe the new knowledge. This is done through **Meditation**.

**Statement 89:** Meditation is the tool to train the mind.

Inner Transformation is done to overcome two types of problems. One is a generic problem (removing the imprint of the old knowledge) and another is a specific problem (removing the specific wrong imprint gained by a specific individual through repeated action)

Attitude has its roots in the basic concepts/truths one is holding. Once these basic concepts and truths are changed, attitude will also change. Moreover, the change in attitude will lead to changes in behavior. Behavior is also influenced by the repeated habits. Therefore, one has to change behavior consciously. It is done through Generic and Specific Meditation.

**Statement 90:** Living in Meditation

### **Generic Meditation**

Even after knowing that we are not the body/mind complex, we might get upset or angry, if some one makes a critical comment on our looks or on our intelligence. These sorts of issues are solved through Generic Meditation.

One can do this anytime of the day and in any environment. There is no prescribed place, posture, position and time for this meditation. Generic Meditation is done by recalling and entertaining the true meaning of the word 'I'. One can meditate upon the illusion of the universe OR the Ever Witnessing Joy nature of the SELF/ ONE.

There should be a deliberate attempt to get this knowledge into the mind. One should get absorbed in these thoughts, dwell upon them and consciously entertain the idea of unity of SELF and ONE as frequently as possible.

Reading the Scriptures, discussing the same with friends, writing about it, teaching others are some of the ways to get the mind soaked in this idea so that it is aware of the reality all the time.

It is like watching the same movie many times. First time, we watch it casually or out of curiosity. Then we watch it again to enjoy the songs, comedy, dialogues and such components that make up the movie. Similarly, when we learn the Scriptures repeatedly we can enjoy the whole creation as a well-made movie.

Example: While listening to English News in the Radio a father and a young son, both hear the same words. The father gains knowledge. Son does not. The news was the same. However, the son was not fit to receive the knowledge. The father owing to his absorbing capacity gets the knowledge.

Thus, when someone calls us 'stupid', we should have the capability to recall our real identity, prior to responding to that person. To help us gain this capability we need Generic Meditation, which involves living the life with the new knowledge. This should be done until one is aware of the reality without any conscious effort. A man does not have to remind himself that he is a body/mind complex living in a real world. Similarly, we should be conscious of the unreality of the universe all the time without any prompting from our intelligence.

**Statement 91:** Specific Meditation for removal of accumulated preferences

### **Specific Meditation:**

This is similar to the conventional meditation. One should sit in a comfortable posture for a specific length of time at a fixed place and time everyday and do the meditation.

The objective of any conventional meditation is to improve the ability of the mind to concentrate and focus for gaining the knowledge. Specific Meditation on the other hand deals with the problems that are specific to the individual who has already gained the knowledge.

Example: Although one is now aware that financial security will not give peace of mind, he will continue to get affected by the stock markets swings due to sheer habit. Such a person has to do meditation specifically on the unreality of the world and the insignificant role of wealth to bring peace and happiness.

The need for Specific Meditation comes due to the repeated actions of the individual done in the past with a wrong knowledge. One has to consciously meditate on the impact of the new knowledge on these actions and perform them according to the correct knowledge. (One can continue to trade in stocks after gaining the knowledge but he should do it with total awareness of its role)

Example: The Board of a corporate body might take a decision to implement a certain plan. How well it is implemented depends on the executing authority and operating personnel. In the case of our Body/Mind complex, Intelligence is the Managing Director, Mind is the executing Manager and our Five Senses are operating personnel. By sheer force of habit, the senses will continue to run after sense pleasures without being controlled by the mind. The mind itself may not function with full involvement in carrying out the instructions of the intelligence. In a commercial environment, the Managing Director might issue an

instruction, which may not be followed with the same sprit at the lower levels.

Specific Meditation is done with a view to make the entire chain of command function efficiently so that the intent of the top is carried out efficiently and effectively at all levels.

Example: It will be difficult for anyone who is used to driving a car on one side of the road to start driving on the other side. Similarly, one who drives a manual car will take time to adapt to an automatic car. One has to consciously give instructions to follow the different procedure in order to function in the new environment.

Once the sense organs and the mind get accustomed to drive in the new environment one can stop concentrating on the driving and it will be a pleasure to drive. (It will be a tension until the art of driving is mastered!)

Thus, the Specific Meditation is done until our intellectual knowledge that the world is unreal pecculates down to the Mind. When this happens, the world will lose its power to affect us, because we are aware of its unreality without any reminder.

Although it appears that thousands of thoughts coexist in our mind, the fact is at any one point we have only one thought. However, due to the enormous processing speed of the mind, it appears to deal with thousands of thoughts at the same time.

Open your eyes. A rose is shown to you.

A thought about the flower is created in your mind.

Think about the flower.

There are two entities.

One is the flower outside and

Another is the thought inside.

You are also aware that you are thinking about the flower.

Close your eyes. You know that

1. The rose is outside
2. The rose thought is inside
3. You are aware of both.

Is it ever possible to continue maintaining the same status (of having just these three entities)? It appears that it is not possible. A thought of your friend enters your mind. Now the status is as follows.

1. The rose is outside (This may not be true. Since your eyes are closed the flower could have been destroyed completely and you are not aware of it)
2. The rose thought inside is now replaced by the thought of your friend.
3. Are you aware that your thought about your friend is just a thought and not real?

Before you pay any attention to this question, more thoughts are rushing into your mind. You are recalling an incident that involved your friend and the rose OR the thoughts regarding the future (that you should take this flower to your friend) enter your mind. You get carried away by the train of such thoughts.

You will thus start living in a world of thoughts (sometimes referred to as day dreaming or worrying) that is not real.



The problem is not that we are thinking about the past or future. The problem is that we are not aware that we are thinking. These are mere thoughts and do not represent the reality outside.

So all our problems in life owe their origin to this fact that we do not live in the present. It is fine as long as we are aware that we are only thinking, when we think of the past or future. We are not our mind, so it is possible to have many thoughts in our mind and still not be affected by it.

The imprints of likes and dislikes in our mind determine the flow of thoughts in the mind. We can manage them as long as we are aware that they are thoughts and not real. We cannot manage them if we start giving reality to the thoughts, which is the case in most human beings.

**Statement 92:** Thoughts originate through the five senses

The source of all thoughts is our five senses. The external world enters our mind through our sense organs and is converted as thoughts. Such thoughts are called **Objective Thoughts**.

Example: I see a flower. (Objective Thought)

These Objective Thoughts are validated by the sixth sense and put together as a map showing the external world. This process is done under the supervision of the Ego.

**Statement 93:** Ego contaminates the thoughts and turns them as desires

Ego is a set of thoughts that arise with the words 'I' and 'mine'. These thoughts are called **Sponsoring Thoughts**.

Example: This flower is mine or I want this flower (Sponsoring Thought)

These Sponsoring Thoughts govern all our action and response to the external world. The map of external world – composed of objective thoughts - is continuously modified by the Sponsoring Thoughts depending on the experience it gains.

As a result, the Objective Thoughts are branded by Sponsoring Thoughts as good, bad, desirable, undesirable etc. Such modified thoughts are called **Subjective Thoughts**.

Example: This flower is beautiful (Subjective Thought)

The Subjective Thoughts are stored in the memory for the later use. Ego increasingly starts depending on the Subjective Thoughts and make the body run after (desirable objects) or run away from (undesirable) objects of the external world.

Since normally the ego is ignorant of its own identity, its judgment is wrong and the Subjective Thoughts do not represent the real world. This causes suffering.

**Statement 94:** Understanding three types of thoughts will lead to managing thoughts.

### **Objective Thoughts:**

This represents thoughts that correspond to our Imprints about the objects and events around us. Although these thoughts are grouped under the banner 'Objective Thought, they are not really objective. They are colored heavily by our subjective thoughts.

The object outside (a cow for example) creates a thought of food in one person's mind and creates a thought of god in another's mind. But both will call that object by the same name.

It is important to redefine our judgment on these thoughts based on our new knowledge. If we do that, we can manage the external world exceedingly well. We can function more efficiently and gain material welfare, comfort and progress in life as long as we keep Objective Thoughts as Objective Thoughts without coloring them with our subjectivity.

### **Subjective Thoughts:**

These are conditioned thoughts that represent our likes and dislikes. These are imprinted in our memory because of our experience in the world in this birth and all our previous births.

Judgment about the future is also made through subjective thoughts. Worry, anxiety and such emotions are the result of these set of thoughts.

Subjective Thoughts are the roots of all our emotions. One should be in full control of the process of accumulation of the Subjective Thoughts as emotion. If they are accumulated in an organized way without our scrutiny, they will lead to undesirable emotions like anger, jealousy, worry, anxiety and such.

As a corollary, we can consciously build the Subjective Thoughts so that we will have positive emotions like love, kindness, compassion, pleasantness and such.

### **Sponsoring Thoughts:**

This represents all thoughts that arise with the words "I" and "mine" which stem from the ignorant ego. Prior to knowledge the ego assumes the role of limited self and strives to progress in the external world chasing everlasting happiness.

Sponsoring thoughts are responsible for converting Objective Thoughts into Subjective Thoughts. With the elimination of ego through the understanding of ONE, the process of this conversion stops.

Objective Thoughts remain as Objective Thoughts and one is very efficient in dealing with the Objective Thoughts and deal with the external world.

The accumulated Subjective Thoughts may have some influence on the mind but the knowledge that one is not connected to the mind will ensure one is not unduly affected.

On gaining the knowledge, the objective thoughts will become truly objective thoughts. Many objective thoughts are required to gain economic progress in the external world leading to comforts and selective subjective thoughts, which will ensure pleasure, and fun in life.

Example: Suppose you are a cricket or tennis fan watching a final match of a big event, you are totally involved and absorbed in the match.

You are aware that you are watching. (Sponsoring thoughts are present)  
You are aware of what you are watching (Objective thoughts are present)  
You are aware ONLY of your desirable thoughts (Selective Subjective Thoughts) to the complete exclusion of all other thoughts. You are engrossed in the match and quite unaware of anything that is happening around you. You do not even feel your hunger/ thirstiness because you are fully absorbed in the match.

While watching the game, it is the only reality to you. The rest of the external world does not exist for you. You are not aware of your worries and problems in life. Only when the game gets over, you come back to the real world.

Similarly, it is possible for us to live the entire life by getting involved each and every activity in life. The truth is just as the game is an entertainment; the whole life is an entertainment once we gain the knowledge. The whole universe is a magic show that is being staged for our entertainment. There may be times when our wallet or diamond ring disappears. There are times when an enemy turns into a friend. We need to just enjoy the show. There is no point in crying (no harm if it is a momentary reaction) when we lose our diamond ring nor we should go overboard if it reappears in our bank locker.

A steady mind makes it possible to enjoy the present. It functions more efficiently and effectively because it is alert all the time.

**Statement 95:** Concentration is possible when thoughts are managed.

Actions are performed as dictated by the imprints in the mind.

Results come in the form of gain/loss, pleasure/pain, love/hate etc as dictated by the accumulated good/ bad actions of the past.

Such results affect the mind either positively or negatively and the mind starts swaying.

Example: Imagine an oil lamp, which is covered by a glass protecting it from the wind. The fire is smooth and undisturbed. In the absence of the glass protection, even a slight wind will make it sway and a stronger wind will blow out the fire.

The protective glass – Our knowledge that the world is an illusion  
The wind – Objects and Events in life  
The fire – Mind

It is not possible to gain the knowledge when the swaying of the mind is beyond a limit. Therefore, in order to get the knowledge the mind has to be made quiet. This is achieved by conventional meditation or yoga practices.

Then the mind will become eligible to receive the knowledge. Once the knowledge is gained, the mind will progressively become still.

**Statement 96:** Immature Mind to Mature Mind through FIR

This is the first stage.

By knowing the unreality of the world, the mind will be less disturbed. Frequency, Intensity and Recovery (FIR) aspects of the problem will come down.

(a) Frequency at which the mind gets affected will come down.

The world will continue to be the same. However, the mind will be affected less frequently than before. Even what were major issues will become minor issues.

In short, the crisis and problem of pre-knowledge days will become just situations now.

(b) Intensity in which the mind gets affected will come down

Any event that is affecting the mind will be manifested at three different levels, namely, Mind level, Verbal level and Physical level.

As the knowledge sinks in due to the Inner Transformation process, the intensity in which the mind is affected will come down. At lower intensity, the physical reactions will go away, verbal reactions will be reduced. Others will not be able to sense the presence of negative thoughts in the mind.

(c) Recovery period will be shorter.

Normally it will take a while to get over the negative emotions and gain our normal state of mind. The time take to recover will become progressively less. Since the intensity with which we are affected is becoming less, the recovery period will also reduce. At the final stage, there will be no time gap. The negative emotions will die down even before they manifest.

**Statement 97:** Mature Mind to Knowledgeable Mind through Inner Transformation

This is the second stage.

Although through consistent practice of Inner Transformation, the disturbance in the mind might come down in all the above three respects, it will not become nil. It is essential to read the Scriptures again with a less disturbed mind. The mature mind with least disturbance will gain the true knowledge that the mind is independent of the self.

One will no longer be bothered about the status of the mind. How frequently or how intensively the mind is being affected does not really matter.

**Statement 98:** Knowledgeable mind will become eternally peaceful

This is the third and final stage.

After gaining the real knowledge that the status of the mind does not matter, the mind will become much more peaceful.

Note: There is yet another method to attain peaceful mind. It is discussed here for academic interest, since there is no practical benefit for this method.

If one practice meditation and remove all thoughts from the mind, it is possible to make the mind peaceful. This ofcourse requires strenuous practice and it is not guaranteed that all who attempt it will achieve it. Even after achieving a peaceful mind through removal of thoughts, this state can be continued only for a few hours in a day. Again, during this state one cannot interact with the world but sit in isolation. Therefore, there is no practical benefit.

## **Lesson 40: Summary of Inner Transformation**

**Session: A52**

Generic Meditation and Specific Meditation will enable the seeker to enjoy the fruits of the knowledge. How long these are to be followed will vary person-to-person depending on the mental maturity and the intensity of the practice.

Only a few will not need to perform this step. However, for most others, this step will be necessary and might take a very long time.

However, one will be able to monitor the effect of this effort easily and soon progress to reap the benefit of the knowledge.

Even if one is able to read the Scriptures directly, it should not be attempted without the guidance of a teacher. It is essential that the knowledge from the Scriptures should be obtained **ONLY** from a teacher through the step of Inquiry as described in Unit 7.

## **Unit 10 Benefits of gaining the knowledge**

**Number of Sessions 4**

(54 to 57)

**Number of Lessons 3**

(41 to 43)

On completion of this Unit, the student will be able to

- (a) Understand the benefits of the knowledge
- (b) Perceive the concept on how an enlightened person can remain happy when there is war/ hunger and other social evils are still present in the world.

### **Notes to the teacher: (Ref 1.63 to 1.65 of the original text)**

The students should be assessed based on their level of comprehension of the truth. Individual attention should be given and one answer may not satisfy all the students, since they may be at different levels of understanding.

Appropriate guidance should be given depending on the current level of the student.

### **Unit Test:**

**Session A57**

1. When will one (who is practicing Inner Transformation) gain the benefit of the knowledge? (Lesson 41)
2. Why is an enlightened person free from likes and dislikes?
3. What is the difference between dream and life for an enlightened person?
4. What is the motivation for action for an enlightened person?
5. How can one enjoy life without desires?



After understanding ONE through Inquiry and Introspection, one will automatically get in to the final phase of 'Inner Transformation' and simultaneously enjoy the benefit of the knowledge. The benefit will correspond to the maturity of the mind (Inner Transformation).

Example: If one is very hungry, a full meal will solve the problem. However, it is not that only after finishing the entire meal the hunger will go. As soon as one starts eating, the hunger will start subsiding.

Similarly, the problems of the world will start dissolving as soon as the process of Inner Transformation begins.

**Statement 99:** Benefits will start accruing on gaining knowledge.

The immediate benefit of eating is removal of hunger. However, the main benefit is to provide energy to the body. Similarly, the immediate benefit of knowledge is joyful living as long as one lives after obtaining the knowledge. The main benefit will be to wipe out all the accumulated results of the past actions leading to freedom from the Eternal Cycle. The knowledge frees one from the bondage by the body/mind complex.

**Statement 100:** One will not be influenced by likes and dislikes.

A mind is said to be immature when it sways under the influence of likes and dislikes. Our likes and dislikes are imprinted in our mind due to actions done in the past. These likes and dislikes determine our current action. If one is fully under their influence, the mind will not allow the intelligence to grasp the truth and gain the knowledge that the world is an illusion.

Through preparation of the mind the influence of likes/ dislikes are reduced which will enable it to pursue Inquiry into Scriptures and Introspection on the essence of the Scriptures.

When the mind becomes mature, knowledge is gained.

Even after getting the knowledge, the mind may not be fully free from the influence of likes/ dislikes, which are accumulated over many previous births. However, the action resulting out of the likes/dislikes are monitored by the intelligence, which now knows that our real nature is Ever Witnessing Joy and there is nothing to be gained from the external world. Therefore, the actions of the enlightened person are purely for the sake of serving others out of compassion and not for fulfilling any selfish desires.

**Statement 101:** One does not require anything from the world for living happily.

**Statement 102:** Events in the world no longer affect the one with the self-knowledge.

The residue of likes/ dislikes in the mind will no longer bother the enlightened person, since he knows that there is no real connection between himself and his mind. Electricity is not affected by a defect in the electrical gadget.

**Statement 103:** Negative emotions will not affect the mind.

The mind at this stage will be largely free of anger, jealousy, fear and all such negative emotions. In any case, an enlightened person is free from the mind.

**Statement 104:** Life will be a dream

All the external objects and events are first perceived by our sense organs. They simply report them without any suggestion as to the reality or falseness of the object/ event. This objective information is processed in the mind and converted as thoughts. Our response to the thoughts is determined by our judgment of our situation, which depends on our mental maturity.

Example: The organization decides that your services are no longer required. It is a crisis if your mind is immature. It is a problem if your mind is mature. It is just a situation if you know that the world is an illusion. You need to respond to the situation appropriately but you do not feel upset because you know that the event is part of the illusion.

It is like being aware of the dream while dreaming. The dream tiger can no longer scare us. We shall continue to run away from the tiger in the dream but we know it can do no harm to our body, which is sleeping in our bedroom.

Thus if we are aware of the illusion, it can never affect us and we can choose to enjoy the illusion as long as we live.

**Statement 105:** Self-knowledge will liberate us from the Eternal Cycle.

Inner Transformation will enable Joyful Living.

All our actions stem from our accumulated preferences. In the past, the results of actions set our preferences, which gave rise to desires, leading us to get involved in further action. Now the chain is broken. There are no more desires. Therefore, our actions do not bind us any more.

We will continue to function in this world but our actions will not have any selfish motives/ objectives. All our actions are part of the illusion. There is nothing we desire from this illusion. While a normal person performs action for happiness, an enlightened person performs action out of happiness.

The ego assuming the role of body/mind complex gets involved in action and earns results. This ego is an imaginary concept sustained by Delusion. The ego accumulates the results of all our actions and these results fructify at the appropriate time, in this life or the next.

**Statement 106:** Ego is eliminated.

On gaining the knowledge the ego is destroyed. We now know that ONE is the only reality that exists and the term 'I' no longer refers to the ego but to ONE. Therefore, all the accumulated action-results are destroyed along with the ego. It means one is released from the cycle of births and deaths.

**Statement 107:** All actions will be desire less

Normally action leads to desires and invokes further action. All the accumulated action-results need to fructify as experience in one birth or another. However, as one exhausts one set of experiences another set of actions are added to the stock. Therefore, this action-result-action is said to be infinite and beginning less. The infinite number of these action-results will get destroyed instantly on gaining the knowledge.

The root cause is for this cycle is Delusion. Since this is removed through knowledge, one is permanently relived from this cycle and one is liberated fully.

**Summary:**

While the world will continue to be the same, such Inner Transformation will result in a new perception.

Example: Although we know Boeing 747 is very big, it will continue to appear very small when we see it flying in the sky.

Although the world around us appears to be real, we will know it is an illusion.

Complete Inner Transformation means one is enlightened and liberated from the Eternal Cycle.

For such a person life is a picnic and the whole world will become a theme park.

**How will the world see an enlightened person?**

He is the living proof validating the truth that is revealed in the Scriptures. People around him will feel his kind-heartedness, compassion and sweetness of the mind. He will never get angry with anyone and will accept whatever happens at the micro level and the macro level.

They will see him as a kindhearted person since he sees ONE in everybody/ everything.

Example: Ripened fruit will be sweeter and more attractive. It is easily detachable from the tree. (It does not want anything more from the tree)

Similarly, a person who is progressing in Inner Transformation will become a more loving and compassionate person and will remain detached from the society, as he does not require anything from the world.

However, while the world sees an enlightened person with a pleasant mind, from the point of view of the enlightened person, he is not connected with the mind. He is the connectionless Consciousness, which supports the entire creation.

**Statement 108:** Once we know the meaning of “You Are That”, we will live joyfully.

# Module: B

# Understanding FIVE Elements

## **Contents:**

- Unit 01 Understanding the Creation
- Unit 02 Understanding the Universe
- Unit 03 Understanding the Illusion
- Unit 04 Benefits of understanding

UNITS	LESSONS	STATEMENTS	Session	Page No
01	Understanding the Creation	(2.1 - 2.46)		112
	01	What is creation?	B01	113
		<b>01</b> Prior to the creation of this universe, only pure existence existed.		113
		<b>02</b> Creation means giving name and form.		113
		<b>03</b> It is illogical to say, "Nothing existed" prior to creation.		114
		<b>04</b> It is not proper to say "Pure existence existed" or "prior to creation" but we cannot help.		114
	02	Nature of Pure Existence	B02	115
		<b>05</b> Pure existence (ONE) is part less, class less and non dual.		115
	03	Creation is a magic show	B03	116
		<b>06</b> Universe is just a form and not a real substance.		116
		<b>07</b> Pure existence is not a form that we call ONE.		116
UNIT TEST			B04	112
02	Understanding the Universe	(2.47 – 2.59)		117
	04	This universe	B05	118
		<b>08</b> Prior to the creation, THIS UNIVERSE existed without the form		118
		<b>09</b> The universe consists of everything known through perception and inference.		118
		<b>10</b> What is not known is not part of 'our' Universe.		118
	05	Composition of this universe	B06	119
		<b>11</b> The known universe is made up of five basic Elements.		119
		<b>12</b> The universe consists of inert matter and living organisms.		119
		<b>13</b> Life is not a PART or PROPERTY of inert matter.		120
		<b>14</b> Life is not a PRODUCT of inert matter.		120
		<b>15</b> Living beings are also made up of five elements.		120
	06	Subtle Body makes living beings superior	B07	121
		<b>16</b> Based on the 19 actions performed by a gross body, we deduce the existence of a subtle body.		121
	07	Pure Existence and the Universe	B08	123
		<b>17</b> The universe is an illusion of name and form.		123
		<b>18</b> Pure existence is not available for transaction.		124
	08	Summary of THIS Universe and ONE	B09	124
UNIT TEST			B10	117

UNITS	LESSONS	STATEMENTS	Session	Page No
03 Understanding the Illusion		(2.60 – 2.97)		125
	09 Introduction to Illusion		B11	126
		<b>19</b> Illusion is the power of ONE		126
		<b>20</b> Illusion has no separate existence without ONE.		126
		<b>21</b> Illusion causes non-existent objects to appear as real.		126
		<b>22</b> The process of illusion cannot be explained fully.		127
		<b>23</b> Illusion is beyond description.		127
		<b>24</b> Illusion is different from the truth.		127
	10 Demystifying Illusion		B12	128
	11 Two effects of the Illusion		B13	130
		<b>25</b> Illusion projects the universe and distorts the ONE.		130
	12 Practical – Noun & Adjectives		B14	132
	13 The process of projection by the illusion		B15	133
		<b>26</b> ONE exists as Knower, Existence and Happiness.		133
		<b>27</b> ONE has the power of illusion made up of AEM		133
		<b>28</b> Illusion adds sound to the ONE and makes Space.		133
		<b>29</b> From the space, air is created by adding touch.		133
		<b>30</b> From the air, fire is created by adding form.		134
		<b>31</b> From the fire, water was created by adding taste.		134
		<b>32</b> From the water, earth was created by adding smell.		134
		<b>33</b> These five elements are combined to create universe		135
		<b>34</b> Actions of all the living beings determines the nature of creation and the time for creation and destruction.		135
	14 The process of distortion by the illusion		B16	136
		<b>35</b> Illusion distorts ONE and makes it non-existent and shows the non-existing universe as reality.		136
UNIT TEST			B17	125
04 Benefits of understanding		(2.98 – 109)		137
	15 Knowledge & Benefit		B18/19	138
		<b>36</b> Conviction on the truth is important. Mere understanding will not lead to benefits.		138
		<b>37</b> Meditation on the right knowledge is required to erase the impression created by the wrong knowledge.		138
		<b>38</b> Knowledge gained is permanent unless overwritten by a superior knowledge.		139
		<b>39</b> Knowledge from the scriptures can never be Overwritten		139
		<b>40</b> Knowledge from the scriptures, when becomes steady, will enable us to live joyfully.		139
		<b>41</b> True knowledge will liberate us from the eternal cycle.		140
	16 Summary of the Universe and Illusion		B20/21	141
UNIT TEST			B22	137

**Unit 01****Understanding the Creation****Number of Sessions: 4  
(01 to 04)****Number of Lessons: 3  
(01 to 03)**

On completion of this unit, the student will be able to

- (c) Understand the role of Pure Existence in creation
- (d) Understand the unique nature of Pure Existence

**Notes to the teacher: (Ref 2.1 and 2.46 of the original text)**

This module will be better appreciated by the students if they have background in Ontology and Epistemology. It is advisable to give an assignment to write atleast two pages on these topics prior to starting the course.

The three orders of reality should be introduced and explained.

- |                               |                               |
|-------------------------------|-------------------------------|
| 1. Subjective Reality (Dream) | Object is relatively unstable |
| 2. Objective Reality (World)  | Object is relatively stable   |
| 3. Absolute Reality (ONE)     | All objects are unreal        |

**Unit Test:****Session B04**

- 5. Describe Pure Existence. (Lesson 1)
- 6. Explain how the First Law of Thermodynamics supports the process of creation.
- 7. What is wrong with the statement 'Nothing existed, prior to creation?'
- 8. Is it proper to say 'Existence existed, prior to creation'?
- 9. Explain the 7 differences that do not pertain to Pure Existence (Lesson 2)
- 10. The objects we see around us are made up of real substance - Discuss
- 11. Compare and contrast Pure Existence and the Universe (Lesson 3)



**Statement 1:** Prior to the creation of this universe, only pure existence existed.

“What was there prior to creation?” is one question, which has kept haunting humanity from time immemorial. The answer to this question is ‘pure existence’. (One of the three perceptions of ONE is ‘pure existence’).

Pure existence can be described as follows:

It has no form/ name and does not do any action

It exists forever in a peaceful/restful state.

It cannot be perceived by mind

It is beyond all sort of duality like light and darkness

It lends existence to everything. The IS ness of the entire universe belongs to it.

This module highlights the Existence perception of ONE and the terms ‘pure existence’ and ‘ONE’ are used interchangeably.

**Statement 2:** Creation means giving name and form.

It is not possible to create anything new in this universe. All that can be done is to change the form and give a name.

Chair is created and it exists now.

Before the creation of the chair wood existed

After creation of the chair, wood does not exist. Chair exists.

Chair is a different form of wood. In order to identify it to be different from wood, we have given the name ‘Chair’ based on its form.

Thus, creation means only changing the form of something and calling it by a new name. It is impossible to create anything new as stated by the law of conservation of matter and energy.

**The total quantity of matter and energy available in the universe is a fixed amount and never any more or less. – First law of thermodynamics.**

Therefore, prior to creation, the universe existed as pure existence.

**Statement 3:** It is illogical to say, “Nothing existed” prior to creation.

Firstly, it violates the fundamental law of conservation of matter and energy.

Secondly, it is not logical as shown below.

Water is hot. Here hotness is related to the status of water.  
(Water can be hot or cold)

Fire is hot. Here hotness is the nature of fire. (Fire can only be hot)

In the phrase “Wood existed”, the existence is related to the status of wood. Existence is not the nature of wood. (It can exist or not exist)

In the phrase “Pure existence existed”, the existence is the nature of pure existence (It can only exist)

In the phrase “Nothing existed”, the existence can neither be related to nothing nor can it be its nature, just as darkness can neither be related to light nor it can be its nature. Therefore, it is illogical.

Non-existence is the opposite of existence; it cannot be the nature of existence. Therefore, it is illogical and self-contradicting to state, “Nothing existed”

**Statement 4:** It is not proper to say “Pure existence existed” or “prior to creation” but we cannot help.

Since we are attempting to describe pure existence, which is beyond words, the language will fail. It is not right to say ‘existence existed’ since it appears to be two different things. Nevertheless, we need to understand the meaning of the sentence and ignore the error as unavoidable.

Explanation: If a sentence is not meaningful then one should check the construction of the sentence to find the correct meaning. When the meaning is understood, the purpose of the sentence is served and it is not worthwhile to debate on the construction of the sentence.

Since the concept of time is part of the creation, it is meaningless to talk about ‘prior to creation’ but in order to communicate one is forced to use such meaningless / self-contradicting phrases.

**Statement 5:** Pure existence (ONE) is part less, class less and non-dual.

ONE is not an object in the conventional sense. Therefore, it is not possible to give an example to explain it. Instead, we can understand it by knowing the differences. Every object known (except space) will have seven differences as explained below but pure existence has none. This can be understood by analyzing the differences between the following two statements.

There is only one tree in my house

There is only one ONE.

**Difference 1:** In the first statement, there is a qualification to the tree 'in my house'. The tree is limited by space. The tree is in my house and it cannot be elsewhere. ONE can have no such qualifications. It is present at all places.

**Difference 2:** The tree is limited by time. The tree exists now. There was a time when it did not exist and there will be a time when it will not exist. However, ONE is present at all times.

**Difference 3:** Tree keeps changing. ONE does not change at all. (Nothing in the universe ever remains unchanging).

**Difference 4:** Tree has many parts whereas ONE has none. Any object in the creation is made up of many components / parts / ingredients. If we start removing them one by one, the object shall no longer exist. The tree has branches, leaves, flowers, fruits etc. ONE is just one. It does not have any parts or components. Nor does it have any ingredients.

**Difference 5:** This tree is different from other trees. ONE has no such others. Any object in creation belongs to a class (Like Human beings, Animals, Rocks etc) and the individual member is different from the rest of the members in the same class. For example, this tree belongs to a class called 'mango trees' and it is different from other mango trees. ONE has no such class.

**Difference 6:** Mango Tree is different from Apple tree. ONE has no such competing class. Although both Mango Tree and Apple Tree can be called as trees, they belong to different class. ONE has no such differences.

**Difference 7:** Tree is different from non-tree like animal. ONE has no such non-one. Any object in the creation is one among many other objects. There are animals, insects that are different from trees. ONE has nothing else to cause such differences.

**Statement 6:** Universe is just a form and not a real substance.

Contrary to the popular belief, what we see around us in the universe are just forms (for which we have given different names) and not real substance. We have only five sources of knowledge (Ears, skin, eyes, tongue and nose) and each of them can perceive only one specific aspect (Sound, touch, form, taste and smell) of an object and none of them can comprehend the existence of any object. They simply report the perception and our mind assumes that it is seeing a real world. In reality the universe does not exist. This fact has been confirmed by scientific investigation (Uncertainty principle.)

The entire universe appears to exist in a specific form (which keeps changing) and it is an illusion. Among the various changing forms, there is only one unchanging truth, which is 'pure existence' (ONE).

Clay is.

Pot is and clay is not.

Pot is different from clay with respect to the form.

There is no difference in the 'existence' of either clay or pot.

Existence is not a part, product, or property of clay or pot.

The IS ness (existence) of clay and pot is an independent entity called pure existence (ONE) which was existing prior to the creation without any form or name.

**Statement 7:** Pure existence is not a form that we call ONE.

If everything in the creation is just a name and form, why should we not assume ONE is also a name and form?

It is impossible to say a lie without a truth. In order to have an illusion there has to be a truth as its basis. The ultimate foundation for all illusion is ONE.

Example: I see smoke. Therefore, I infer fire even if I do not see it.

To infer fire, there need to be basis, smoke. It is not possible to infer something without a basis. We see the universe and infer ONE.

Suppose we negate everything and see nothing as the substratum, then the seer of nothing is the basis (You Are That).

Illusion is something, which appears to be real. It means it has a borrowed existence just like the snake borrowing existence from rope. If it is not rope, it has to be something else. There needs to be an ultimate lender of existence, which is called ONE whose original nature is pure existence.

**Unit 02      Understanding the Universe**

**Number of Sessions 5**  
(05 to 10)

**Number of Lessons 4**  
(04 to 08)

On completion of this Unit, the student will be able to

- (d) Describe the composition of the Universe
- (e) Differentiate living beings from inert objects

**Notes to the teacher: (Ref 2.47 to 2.59 of the original text)**

Discuss the source of the knowledge. How we acquire knowledge.

The reason for decimal system for human beings is 10 fingers and binary system for computers is 1 and 0. Similarly, we see the world as it is because of the limitation of our sense organs.

**Unit Test:**

**Session B10**

11. Prior to creation, this universe existed. True or False? Explain (Lesson 4)
12. Explain the difference between perceived universe and inferred universe.
13. List the five basic elements and write the corresponding qualities of each element. (Lesson 5)
14. Explain the difference between living objects and the inert matter.
15. List the 19 components that make up the Subtle Body.
16. Discuss your understanding of the Subtle Body. (Lesson 6)
17. Explain the example of blue sky and its relation to creation (Lesson 7)
18. Explain the snake-rope example in relation to creation (Lesson 7)
19. Explain the significance of the word THIS, in the context of THIS universe.

**Statement 8:** Prior to the creation, THIS UNIVERSE existed without form

This is the final answer to the question on the origin of the universe. Whatever we see is just a form for which we have given a name. Prior to the creation of any object, it was in a different form. If we keep working back, we will come to a singularity from which Big Bang started. This singularity is pure existence.

The phrase “THIS UNIVERSE” needs further explanation.

Whatever can be objectified either through perception or through inference is included in this phrase. This is detailed in the following sections.

**Statement 9:** The universe consists of everything known through perception and inference.

The known universe is classified as follows:

**Perceived Universe**

Whatever is known through our five sense organs falls within this classification.

Example: Galaxies, Stars, Planets, Living beings, Inert objects etc

**Inferred Universe**

Whatever is known through scientific experiments will fall within this classification. We can infer those things, which cannot be directly perceived through the effect caused by them.

Example: Black Holes

**Statement 10:** What is not known is not part of ‘our’ Universe.

By observing what is known, we can infer what lies beyond the reach of our five sense organs. The size and content of the Universe depends on our intelligence and our desire to know.

Suppose we do not have the capability to understand the inference of the scientists then our universe is limited to what we observe.

“It is observed that Sun and Moon are revolving around earth”

Our knowledge on the universe will not grow beyond this, if we choose to ignore scientific inferences. We need to expand ‘our’ universe by understanding not only what is observed but also by inferring the unknown from the known.

**Statement 11:** The known universe is made up of five basic elements.

The known universe is comprised of what we hear, what we touch, what we see, what we taste and what we smell. We have only five sense organs through which we gain knowledge. Therefore, the phrase 'what we know' depends on these five sense organs

The five elements are:

Earth : This is the grossest form because it has all the **five** qualities.  
Smell, Taste, Form, Touch and Sound

Water : This is subtler than the solid since it has only **four** qualities.  
Taste, Form, Touch and Sound

Fire : This is subtler than the Water since it has only **three** qualities.  
Form, Touch and Sound

Air : This is subtler than the Fire since it has only **two** qualities.  
Touch and Sound

Space: This is subtler than the Air since it has only **one** quality.  
Sound

(Anything that is subtler than the space cannot be perceived by our five senses and therefore we cannot know them through direct perception.)

These five elements in various combinations constitute the entire universe.

**Statement 12:** The universe consists of inert matter and living organisms.

The five elements are the basic building blocks of both inert matter and living organisms. However, there seems to be a difference between inert matter and living organisms.

Is there anything more than the five elements that go into making of living organisms? The answer to the question is Yes and No. We need to probe deeply to find the correct answer.

Unless this aspect is understood, we cannot claim to have understood the universe. Human beings are under the wrong impression that in order to understand more about the Universe, one needs to spend lots of time, effort and money in exploring the space. We are still trying to search for intelligent beings outside earth, calculate the expansion rate of the universe, deduce the number of galaxies in the universe etc. All these are done in the name of understanding the universe.

There is nothing wrong in such efforts. However, we need to spend similar effort in understanding the difference between the inert mater and living beings.

**Statement 13:** Life is not a PART or PROPERTY of inert matter.

Let us call the difference between the inert matter and the living being as LIFE.

Life is not a part of a living being. We do not assemble different parts of inert matter and finally add 'LIFE' part to make it a living being.

Life is not a property of a living being. We do not classify a set of inert matter as living beings just because they move and behave like a living being. We are aware that life is much more than that.

**Statement 14:** Life is not a PRODUCT of inert matter.

This is the most popular mistaken notion that is prevalent among human beings. We seem to believe that 'some how' life evolved out of the chemical reactions between inert matter.

The universe will continue to be a mystery to those who would like to believe that life is a product of inert matter and the sun is revolving around the earth.

We need to analyze living beings critically to find out what makes them different from the inert matter. We need to infer the unknown from what is known. Just as we are discovering black holes in the space, we need to plug the major holes in our understanding of the universe by analyzing living beings.

This is done in the following statements.

**Statement 15:** Living beings are also made up of five elements.

This is easy to understand. If we dissect any living being, we will end up understanding that they are made up of the very same five elements only. But in the process of dissection we would have killed the living being.

In order to know more, we need to take a living being that should not get killed in the process of investigation: Ourselves!

We need to infer what cannot be perceived by observing the EFFECT and infer the CAUSE. Therefore, first, we need to list out what we can do, that cannot be done by a dead body.

By observing these aspects we can infer the existence of a Subtle Body which is also made up from the five elements BUT not directly perceivable to our five senses (Just like a black hole) since they are made up of subtle elements (subtler than the gross space).



**Lesson 6: Subtle Body makes living beings superior**

**Session: B07**

**Statement 16:** Based on the 19 actions performed by a gross body, we deduce the existence of a subtle body.

We can observe and list out the following **19 actions**, which we do but a dead body cannot do. From this we can infer that, we must be having specific instruments (not perceivable to five senses) to carry out these actions.

<b>I CAN</b>	<b>Therefore I should be having an invisible instrument called</b>	<b>Functioning from the physical location</b>	<b>Created from</b>
Hear	Ear	Ear	Space
Feel the touch	Skin	All over the body	Air
See	Eyes	Eyes	Fire
Taste	Tasting Tongue	Tongue	Water
Smell	Nose	Nose	Earth
Speak	Talking Tongue	Tongue	Space
Handle things	Hands	Hands	Air
Walk	Legs	Legs	Fire
Reproduce	Organs of reproduction	Organs of reproduction	Water
Eat food and excrete the wastes	Organs of digestion and excretion	Organs of digestion and excretion	Earth
Heart beats and the lungs inhale/exhale	LifeForce-1	Heart	Energy strand of Space Air Fire Water Earth
Die	LifeForce-2	Throat	
Absorb energy from food	LifeForce-3	Navel	
Push out the wastes from the body	LifeForce-4	Anus	
Provide energy to the whole body	LifeForce-5	All over the body	
Doubt and think	Mind	Heart	Aura strand of Space/ Air/ Fire Water/ Earth
Decide and know	Intelligence		
Feel I and mine	Ego		
Remember	Memory		

These **19 invisible instruments** together are given a name '**Subtle body**', which is available in the human beings. Other living beings have subtle body with lesser number of instruments. Inert matter does not have any subtle body.

Now that we have found a major missing link in our understanding of the universe, it will be fruitful to know more about the invisible subtle body.

## Understanding the Subtle Body

1. Our five Sense Organs (Ear, skin, eye, tasting tongue and nose) perceive the external world and report.
2. Each sense organ can perceive only one quality of the external world.
3. Our five Action Organs (Hands, legs, digestive organs, reproductive organs and talking tongue) are used to transact with the external world.
4. The mind is the leader of all these ten organs.
5. The mind cannot get any knowledge from the external world without using the five sense organs.
6. The mind cannot do any transaction with the external world without using the five action organs.
7. The mind needs to support the functioning of each organ and an organ cannot overrule the decision of the mind unless one has epilepsy kind of psychological problems.
8. At a given time, any one organ alone can work because mind is only one and the organs cannot function without the support of the mind. However the processing speed of mind is very huge and it can do multi-tasking.
9. The mind makes interpretations and judgments on the facts reported by the sense organs.
10. Sense organs cannot perceive any object in the world. Each organ is capable of perceiving just one of the five qualities of the external object and they do not have the capability of putting the information together and coming to any conclusion. For example, eyes can just report the form of the object seen and it cannot identify the object. Mind is doing this job of identification. [Sense organs have not shown us that the world is real and not an illusion. It is our mind's (wrong) conclusion!]
11. The mind has four modes of operation namely Intelligence, Ego, Mind and Memory. Intelligence should control the mind. Ego is the one, which claims 'I' and 'mine'. Eyes see but ego claims 'I see' or 'my eyes see'!
12. The mind is also made up of (subtle) matter. This can be proved by
  - a. Abstaining from food will deteriorate the functioning of mind
  - b. Type of food determines the type of mind.
  - c. Chemical drugs can change the moods of the mind
13. Life Force is also matter, which can be proved by abstaining from water.
14. Life Force is not under the control of mind. It is an independent entity.
15. The whole subtle body is made out of inert matter but has the power to reflect ONE. It is like a solar powered battery that gives the life power to inert matter and makes it a living being.

Thus, the only difference between a living organism and an inert matter is the existence of subtle body. Objects that do not have subtle bodies are termed as inert matter. Subtle body is composed of subtle inert matter and it can reflect the power of ONE. (This reflection is not a property, part or product of the Subtle Body and therefore cannot be included in the phrase THIS UNIVERSE.)

**Statement 17:** The universe is an illusion of name and form

Prior to creation only pure existence (without this name and form of universe) existed. Creation means creation of forms. Nevertheless, the creation is not 'out of' pure existence. It is superimposed on it. It is not an independent real entity. It (Universe) is an illusion seen on the substratum (Pure existence).

The formless pure existence does not start appearing with form (which we call universe).

The wood is made into a form of chair.  
After the creation, wood disappears and chair appears.  
This is NOT the relationship between pure existence and the Universe.

Pure existence continues to be pure existence. Nevertheless, the universe (which is just a form) appears at the time of creation due to illusion.

Example: It is like the white screen in the movie theater. It always remains white. At the commencement of the movie, it appears to change due to the projection of the movie, which is an illusion of the reality.

Universe for its existence depends on ONE. However, it is not separate from ONE.

All forms and names have borrowed their existence from ONE just as the sea has borrowed blue color from the sky. Nevertheless, the sky itself is colorless! Similarly, the appearance of the universe is seen on the foundation of ONE but ONE has no connection with the universe. Just like the sky has no connection with the sea.

Snake is seen on the rope.	Universe is seen on the ONE
Snake is not part of the rope	Universe is not part of the ONE
Without the rope there is no snake	Without ONE there is no Universe.
When snake is not seen rope exists	ONE exists before creation

Rope has no connection with the snake ONE has no connection with Universe.

We have experience of Universe. Therefore, Universe cannot be false. However, when we probe deep (both scientifically and logically) it disappears. Therefore, Universe cannot be truth. What is not real but appears to be real is called an illusion.

**Statement 18:** Pure existence is not available for transaction.

As pure gold cannot be used as ornament unless copper is added, names and forms are to be superimposed on pure existence in order to make it available for transaction. However, names and forms are not real. They are just an illusion.

The ONE and Universe can co-exist just as hunger can co-exist with food in a dream.

Example: After remaining hungry for a long time, if you eat fully and then go to sleep, you might get a dream in which you are very hungry. Suppose you wake up at that moment you might say 'I am hungry' although you are full.

A particular spot cannot have water and still be dry. However, in a mirage, water and dryness can co-exist since both belong to different orders of reality.

Similarly, the name and form, which are a lower order of reality (illusion), can coexist with pure existence, which is partless, classless and non dual.

Pure existence is the awareness with which we observe the whole illusion (universe). The only issue is we are not aware that we are pure existence. It is not that we cannot experience pure existence. We are pure existence all the time but we do not know that truth.

Our physical body and the subtle body (which reflects the pure existence) are part of the illusion (the universe).

## **Lesson 8: Summary of THIS Universe and ONE**

**Session: B09**

Whatever we can objectify as THIS forms the entire universe. The universe consists of gross bodies (inert matter) and subtle bodies, which have the ability to reflect the pure existence. The entire phenomenon is an illusion.

Illusion is neither pure non-existence nor pure existence. It is not real but appears to be real.

The essence of this lesson is to show that we are the pure existence and our body/mind complex belongs to the observed universe. Universe is the illusion to which we lend the status of existence.

**Unit 03****Understanding Illusion****Number of Sessions 7**

(11 to 17)

**Number of Lessons 6**

(09 to 14)

On completion of this Unit, the student will be able to

- (c) Identify the role of illusion in creation
- (d) Explain illusion
- (e) List the two effects of Illusion

**Notes to the teacher: (Ref 2.60 to 2.97 of the original text)**

The concept of Illusion as a status should be explained convincingly.

- 1. Status One : Truth
- 2. Status Two : False                      Example Horse's horn
- 3. Status Three : Illusion

World is experienced by our five senses and therefore cannot be classified as false.

World is not the truth according to the scriptures.

Since a non-truth is experienced, it (the world) has to be an illusion.

Truth cannot become false or vice versa. Similarly, an illusion cannot become true or false. However, the conditions may change.

Example: Water may exist as steam or an ice cube.

Similarly, the universe, which is an illusion does not become truth or false. Prior to creation, it remained in an unmanifest state.

**Unit Test:****Session B17**

- 8. What is the relationship between the Illusion and One (Lesson 9)
- 9. What is the function of Illusion
- 10. Is it possible to explain Illusion? Yes and No. Explain
- 11. What are the two effects of Illusion? (Lesson 11)
- 12. Explain the process of projection by Illusion (Lesson 13)
- 13. Explain the process of distortion by Illusion (Lesson 14)

The universe is not made up of any real substance. It is an illusion. This illusion is the power of ONE. Just as the snake has borrowed its existence from the rope, the universe has borrowed its existence from ONE.

Understanding illusion is the key to solve the mysteries of the universe.

**Statement 19:** Illusion is the power of ONE.

In a magic show, we see the power of the magician to do magic. If the magician does not show any magic, we will not know that he has the power to perform magic.

When we see a rose (that comes from nowhere!), we know that the magician has the power to do magic.

Similarly, the power of ONE to create the illusion (universe) can be understood only by seeing the universe. (Illusion)

The proof that ONE has the power to create an illusion is the visible universe.

**Statement 20:** Illusion has no separate existence without ONE.

There can be no magic show without a magician. For the illusion to happen there needs to be a basis. An illusion does not have independent existence.

There is no illusion (universe) without ONE.

A magician can continue to exist without ever showing magic. Similarly, ONE can continue to exist without ever manifesting a universe.

**Statement 21:** Illusion causes non-existent objects to appear as real.

In a magic show, the magician does not have the power to bring about new objects out of nothing. (If he has such powers, he will not be performing magic show and collecting money!) So if an object appears from his hat, it is an illusion that we see and not real.

Similarly, although we see and experience the universe, if we probe deeply it vanishes. Therefore, universe is not real but appears to be real due to the effect of illusion.

**Statement 22:** The process of illusion cannot be explained fully.

In a magic show if we know exactly what the magician does and how he creates an illusion then it is no longer an illusion to us.

Therefore, by definition, illusion means something that cannot be understood. The only way to understand an illusion is to understand that it cannot be understood.

**Statement 23:** Illusion is beyond description.

In a magic show, we see a closed box with empty space and suddenly an article appears inside the box. When asked to explain, the magician tells us that actually we are looking at the article but assume that there was nothing. We cannot ask any further questions like 'why were we seeing wrongly'.

All our five senses have their own limitations. Illusion is something, which takes advantage of such limitations. For example, the movie that we see on the screen is made up of still pictures. When still pictures are projected at a particular speed, we see moving figures.

We cannot ask the question "Why do we see false movement?" while actually looking at still pictures. That is an inherent limitation of our sense organ.

Similarly, we cannot ask the question "Why do we see the universe as real?", while in reality it is an illusion. That is an inherent limitation of our sense organs.

**Statement 24:** Illusion is different from the truth.

To create a true object there is systematic procedure, which can be described by the manufacturing process of converting the raw material into the finished object. It is amenable to science and technology. An illusion is not within the scope of an exact science.

For example if we ask a question and get an answer 'I do not know' or 'I forgot' there is no point in asking further questions like 'How come you do not know?' or 'How can you forget?'. No answer can be given to such questions.

'How did you know?' or 'How did you remember?' can draw specific answers but the opposite is not true.

Similarly, it is possible to explain only a truth. Illusion is the opposite of truth and it cannot be explained. (If it can be explained then it is a truth!)

When we see a movie, we do not see two things.

Screen: This is the base on which the movie is projected.

Light & Sound: Bright light is projected on the screen in varying color combinations and intensity. In addition, the sound system gives an impression to us that the movie characters are talking.

There is no movie! Nevertheless, we see only the movie.

Similarly

When we experience life and we do not see two things.

ONE: This is the base on which life is experienced

Illusion: The entire universe is projected on ONE feeding continuous false information to all the five senses.

There is no universe! Nevertheless, we see only this universe.

There is one major difference between the movie example and life. In the movie example, screen is different from the projecting equipments. However, there is nothing but ONE and it appears as the universe by its own power. This is explained through another example.

**Simple Example:**

Assume you are acting in a drama. The co-actor talks to you in derogatory words. Will you get angry? You are supposed to respond (act) according to the script and the reaction is purely on the surface level. You are not affected since you know everyone around you (including yourself) is acting.

Similarly, our whole life is a drama. Everyone around is acting. However, the problem is no one knows that it is a drama! Therefore, people feel everything around is real and get emotional.

As long as you do not know that the whole life is an illusion you will be swinging between the pairs of opposites like pain/pleasure, love/hate etc. The moment you know the truth you are free.

The truth sets you free.



An important advantage of the real life drama over stage drama is that there is no external director/ scriptwriter. We are on our own and can act in whatever way, we want.

**Complex example:**

Assume you are doing a mono act play. The person shouting at you is also yourself.

This is the reality.

ONE is the foundation on which the entire universe rests. (Just like the screen on which entire movie is projected)

ONE is being reflected on selected inert objects which are then called living beings.

Therefore, all the human beings are reflections of the same ONE. Just like in a mono act play, you are interacting with yourself (acting as different persons/ objects) in the real life drama too!

However, unfortunately it takes a while to see this truth.

**Statement 25:** Illusion projects the universe and distorts (hides) the ONE.

The first element created by illusion is space. The space has borrowed its existence from ONE but illusion has made space to appear as more real than ONE. By adding, one attribute 'sound' the space is created from the attribute less ONE. So ideally, we should give more attention to ONE than to space. However, our focus is more on space than on ONE.

The illusion has the power to shift our focus from the real to the unreal.

Explanation on how our focus is being shifted:

Object: This is the focus of our attention. Normally the object takes the noun status in a sentence.

Qualities of the object: Qualities are attributes that qualify the object. Normally the attribute takes the status of 'adjective' in a sentence because it is less important than the noun and it qualifies the noun.

Let us look at the following paragraph:

"He was wondering whether to color the paper in red or blue. Finally, he colored it blue. He then took the blue paper and attempted to make a paper ship. It did not come out well. So he unfolded the **blue paper** and made a **paper plane**."

Identify the Noun/ Adjective in the both the pairs of words in bold.

In 'blue paper' we say 'blue' is an adjective that qualify the noun 'paper'

In 'paper plane' we say 'paper' is an adjective that qualifies the noun 'plane'.

The first one is correct. The paper could have been painted in red. Therefore, red or blue are adjectives that qualify the noun, paper. Applying the same logic, we should have said 'plane' is the adjective because the paper was in the form of a ship but now it is in the form of a plane. Nevertheless, we always make a mistake.

This is due to the power of illusion. The illusion makes us give more weight to the attribute 'form' than to other attributes like color, size etc.

For example, we say golden bangle, implying 'gold' as the adjective that qualifies the noun bangle. Nevertheless, in reality, bangle is the adjective and gold is the noun.

Let us see the correct way of identifying a noun and an adjective with an example: "Small Mango"

**Rule 1: Adjective has no independent existence without the noun.**

The word 'Small' has no independent existence without 'Mango'.

**Rule 2: Noun need not have an adjective.** (However, an adjective must always have a noun.)

The mango can become large. Then it can no longer be called 'small mango'. It will then be called 'Big Mango'. It can also be referred to as just 'Mango' without any adjective.

**Rule 3: Adjective is temporary and Noun is permanent.**

Mango is always a mango. However, the adjective 'small' will get changed to 'big' if a smaller mango is brought for comparison.

Applying the above rules to 'Gold Bangle', we can see which word qualifies to be the noun.

Rule 1: Bangle has no independent existence with out gold. Moreover, gold can exist without Bangle.

Rule 2: Gold can remain as gold without becoming a bangle or ring or chain. However, Bangle always depends on gold (or some other noun)

Rule 3: Gold is permanent and Bangle is temporary.

So applying all these rules we should be calling the object as 'bangle gold' and not 'gold bangle' since 'bangle' is an adjective to the noun 'gold'. Nevertheless, we always make mistake and we are very sure that we are correct.

Why do we make such mistakes?

Notes to the teacher:

Form groups among the students and let them find the answers to the question raised at the end of the previous lesson.

Conclude the session with the moral that is learnt from the Noun & Adjective example.

Answer:

Because we give more importance to NAMES and FORMS that appeals to the eyes rather than to logic that appeals to the intelligence. If we pause to think, we can always identify the noun and adjective correctly. Nevertheless, we are mostly carried away by our sense organs and ignore the logic.

Sometimes it so happens that we do not even recognize the existence of the noun and give the status of the noun to the adjective. For example when we refer to 'sea' we never pause to think it is just an adjective to the noun 'water'. We think sea is the noun. It is NOT. Water is the noun because water can be a river, lake or sea.

Moral:

At least in the case of the SEA, once it is pointed out, we accept that it is an adjective and water is the noun on which its existence depends. But in the case of the universe we continue to think that it is a noun and refuse to believe that it is just an adjective to the unseen / unknown noun, ONE.

This is the effect of illusion.

**Statement 26:** ONE exists as Knower, Existence and Happiness.

Prior to the creation of this universe, only ONE existed without any form.

**Statement 27:** ONE has the power of illusion, which is made up of Aura, Energy and Matter.

**Statement 28:** Illusion adds sound to the attributeless ONE and makes Space.

The Energy strand of illusion creates pressure waves. Pressure waves are called sound in scientific language. Thus, space is created.

Sound exists and is transmitted in an atmosphere because of what we call a pressure wave. That is, the molecules of air (or other composition) over which the vibrations carry, cause a train of compressions and refractions. E.g.

C R

!!!-----!!!-----!!!-----!!!-----!!!-----!!!

The molecules pull together at C for compressions, and spread apart at R, for refractions.

Initially when there were no molecules, the pressure wave creates the required molecules by converting energy into mass.

Thus, the first step is creation of space, which is nothing but Pure Existence + Sound.

Space is defined as that which gives place. Therefore, as the first element that is created from the pressure wave, it provides space for the rest of the universe.

Space has the following qualities:

Existence (borrowed from Pure Existence)

Sound (Pressure waves created by the Energy strand of illusion)

**Statement 29:** From space, air is created by adding touch sensation.

The second step, after the creation of space, is the creation of air, which is Pure Existence + Sound + Touch

Air has the following qualities:

Existence (of ONE inherited through Space)

Sound (from space)

Touch (Molecules created by the Matter strand of illusion)

Therefore, air can move slow, move fast and has the property to dry things.

**Statement 30:** From air, fire is created by adding form.

When the initial pressure waves continued at a high rate, the conversion of energy into mass was happening at a fast rate. This developed a lot of heat, which lead to Big Bang.

Fire has the following qualities:

Existence (of ONE inherited through Space and Air)

Sound (of Space inherited through Air)

Touch (from Air)

Form and Shape (Matter created through compression of molecules)

Fire has the property of glow and heat.

**Statement 31:** From the fire, water was created by adding taste.

When the big bang happened, the highly compressed air (fire) started losing the pressure and started cooling down. Cooled down matter in liquid form (loosely connected matter) is the basis of water.

Water has the following qualities:

Existence (of ONE inherited through Space, Air and Fire)

Sound (of Space inherited through fire from Fire and Air)

Form and Shape (from fire)

Taste (from loosely connected Matter strand of illusion)

Water can take the shape of the container, can move slow, fast and erode things.

**Statement 32:** From water, earth was created by adding smell.

The loosely connected matter begins to solidify due to pressure and becomes earth.

Earth has the following qualities:

Existence (of ONE inherited through Space, Air, Fire and Water)  
Sound (of Space inherited through fire from Water, Fire and Air)  
Form and Shape (of fire inherited through the Water and Fire)  
Taste (from water)  
Smell (Solidified Matter strand of illusion)

Earth has the property to hold things.

**Statement 33:** The universe is created by the combination of these five elements.

The whole universe, including our gross and subtle bodies, is created out these five basic elements according to the action done by the living beings in the previous creation. The living beings are the reflections of ONE in the subtle bodies.

**Statement 34:** The cumulative result of the actions of all the living beings determines the nature of creation and the time for creation and destruction.

Every action of the living being has specific and fixed results. The combined effect of all of them determines the life of the universe. At the appropriate time, the universe will contract back to the singularity and await the next cycle of big bang and expansion.

The cycle of creation and destruction happens continuously as per the steps discussed in the previous statement.

In addition to this, Illusion distorts the existence of ONE.

Although every element of the creation has borrowed existence from ONE, illusion forces us to focus on the inputs received from our five senses. As a result, we think that what we hear, touch, see, taste and smell truly exist and are not just the adjective to the Pure Existence.

We think 'IS ness' is a property of the element without realizing that it is the nature of ONE.

For example, we say 'There is fire' or 'There is no water' etc. We ignorantly give the status of 'noun' to fire and water and make the IS ness as an attribute that qualify the noun. The truth is 'IS ness' of the Pure Existence is the only thing that is existing and space, air, water etc are just forms. The true way of understanding the sentence "Water is here" is this: "Pure Existence is appearing in the form of water"

We clothe our body with a dress but do not give more importance to it than our body.

Universe is just like a dress covering ONE. Nevertheless, we are carried away by the dress and ignore the true substance.

**Statement 35:** Illusion distorts the truth (ONE) and makes it non-existent and shows the non-existing universe as reality.

Thus to sum up,

- ONE is the only truth having timeless existence
- Illusion projects the universe by
  - Adding sound to ONE to create Space
  - Adding touch to Space to create Air
  - Adding Form to Air to create Fire
  - Adding Taste to Fire to create Water
  - Adding Smell to Water to create Earth
- And it hides the presence of ONE
- ONE alone exists. Universe is an illusion. This IS ness of all objects in the world is borrowed from ONE. We can see the 'Hollow Man' only if he is wearing dress. We can see ONE only by seeing the universe.



**Unit 04****Benefit of understanding****Number of Sessions 3**

(18 to 22)

**Number of Lessons 2**

(15 to 16)

On completion of this Unit, the student will be able to

- (d) Understand the relationship between the knowledge and the benefits of the knowledge.
- (e) Understand how this knowledge will make the life joyful.

**Notes to the teacher: (Ref 2.98 to 2.109 of the original text)**

After gaining the knowledge, the world will be different in one of its four features.

Feature 1 – Experience – There will be no change in how we gain knowledge through our five senses. Our experience will be same. We will continue to get pain and pleasure, blame and fame, poverty and prosperity even after gaining the knowledge.

Feature 2 – Function – There will be no change how the objects in the world respond to us. Fire will continue to be hot even after gaining knowledge.

Feature 3 – Division – The world will continue to consist of different objects, class of objects with parts. We will see two human beings are different and they have hands and legs and are different from trees even after gaining the knowledge.

Feature 4 – Status – There WILL BE a difference with respect to the status of the world after gaining the knowledge. It will become a lower order of reality compared to our real status.

Just as the dream lion, cannot hurt our real body, the real lion cannot hurt our real self. This knowledge enables us to treat the life as a dream.

Since the knowledge from the Scriptures, enable us to shift our focus to a higher order of reality, life will become Joyful.

**Unit Test:****Session B22**

- 11. What are the two obstacles to get the benefits after gaining the knowledge? (Lesson 15)
- 12. What are the solutions to these two obstacles? (Lesson 15)
- 13. Knowledge is permanent – Discuss (Lesson 15)
- 14. What are the two benefits of gaining Knowledge? (Lesson 15)
- 15. Explain 'Existence' (Lesson 16)
- 16. What are the six features of Existence?

On gaining the knowledge that the universe is unreal, we should be living joyfully.

Example: If we know that we are dreaming, the dream tiger will no longer be scary.

Similarly, the problems in the real world cannot hurt us if we know the world is not real. We can live joyfully in all situations.

However, this does not happen due to two reasons.

**One:** We have not really understand and been convinced about the truth. In such cases, we need to continue to read, listen and reflect on the truth until we get conviction.

**Statement 36:** Conviction about the truth is important. Mere understanding will not lead to benefits.

Example: There are many theories about creation and evolution. These are called theories since they cannot be proved by experiment. If the description of Creation, Universe and Illusion as discussed in this module is treated as yet another theory, no benefits will flow. One has to see them as truth for getting the benefits.

**Two:** Even after getting convinced, we might forget it when we deal with our day-to-day work. This is quite natural since we are trained in the wrong knowledge for a long time; the new knowledge takes some time to change the force of habit. Mind will oscillate between the truth and false knowledge if we do not develop sufficient skill to concentrate. In such cases, the solution lies in meditation.

**Statement 37:** Meditation on the right knowledge is required to erase the impressions created by the wrong knowledge.

Meditation means doing any act (thinking, speaking, hearing, or writing) which will reinforce the right knowledge in our mind and erase the impressions created by the wrong knowledge.

Once we overcome these two problems, we will start getting the benefit of the knowledge.

**Statement 38:** Knowledge gained is permanent unless overwritten by a superior knowledge.

We gain knowledge by collecting information using our sense of perception and through inference. The knowledge so gained will never leave us UNLESS it is overwritten by another superior knowledge.

Example: Seeing a child along with a couple we presume that it is their child. This is the knowledge we gain. This will stay with us until on enquiry if we find out that it is not their child. This new knowledge will overwrite the previous version.

The knowledge we gain by studying the scriptures is the ultimate knowledge. There is no other superior knowledge that can overwrite this knowledge. Therefore, the knowledge gained here is permanent and not subject to change ever.

**Statement 39:** Knowledge from The scriptures can never be overwritten

Energy strand drives us to act externally in search of happiness but the right knowledge makes us realize our true nature, which is 'Ever witnessing joy' and the entire universe, including our mind/body (and the ultimate knowledge that we gain), is part of the illusion.

This ultimate knowledge brings us two benefits.

**Statement 40:** When the knowledge from the scripture, when becomes steady, it will enable us to live joyfully.

Once the knowledge become steady, although the world and the events will continue to be the same, our vision will be different.

Example: Assume you are hosting a party in your house. Many of your friends have come to your house for the first time. There is a power failure resulting in total darkness for an extended period.

No one (including you) can see anything in your hall. Nevertheless, you can move around the house with comfortable ease compared to any of your friends because you know and have a clear idea of the layout and interiors of your house. One of your friends wants to go to the kitchen. She cannot go by herself because she has no idea where your kitchen is. You cannot help her immediately because you have no idea where your friend is currently standing (because it is fully dark). Therefore, the first step is to locate your friend and then lead her to the kitchen with relative ease.

After getting the true knowledge about the universe, it will be very interesting to observe every one around. All of them are misled by the environment and clash with each other or getting affected by the events. They may not know that they can take guidance from you and you will not laugh at their ignorance. You will be glad to help them as much as possible as and when you get an opportunity.

You will know how to lead a joyful life due to your knowledge. In spite of being in the same boat (of seeing the world/ events exactly in the same manner) like your friends, you will have a joyful life unlike them. The people and events around can never affect you and you will know how to deal with them.

It is not required that anyone around you should acknowledge your vision since you are getting the benefit of your vision in dealing effectively (without getting affected) with the people and events in the world.

Acknowledging the world around but not giving undue importance to it (since our real nature is Ever Witnessing Joy and not the body/mind complex) will lead us to joyful living.

**Statement 41:** True knowledge will liberate us from the eternal cycle.

Once we gain the true knowledge, the life will be transformed. In addition, the knowledge will liberate us from the eternal cycle.

We shall no longer be tied to the 'do's and don'ts' of the world. We will continue to live as long as our physical body lasts. This duration will depend on our past deeds. According to our past deeds, our body/mind complex will encounter the regular events of life with its cycle of pleasure and pain, fame and blame, prosperity and poverty, etc just as it does for everyone else. Nevertheless, we will not be affected by such swings and we will remain joyful eternally.

Notes to the teacher:

The student should clearly understand the meaning of the word 'existence'. Is it a noun, adjective or verb?

Example: Any verb should describe an action of the noun.

'He walks' – Means he is doing an action of walking.

However, we are using the word 'exists' without understanding the meaning.

'He exists' – Does it mean he is doing an action of existing?

'Pot is destroyed'. In this sentence the word destroyed refers to the pot and not to the word IS.

#### Six features of Existence

1. Existence is not a part, product, property of objects.
2. Existence supports all the objects in the universe by lending existence.
3. Existence is an invisible, intangible and independent positive entity like space which is invisible and intangible still a positive entity according to science.
4. Existence is not an entity in the conventional sense. It is one without a second.
5. Existence is not limited to the boundaries of the universe.
6. Existence continues to exist, even when all the objects in the world are destroyed.

Existence is one of the three natures of ONE. (The other two natures are consciousness and joy)

#### Summary of this module:

1. Prior to the creation, only pure existence existed without any form.
2. The universe, which includes our body/mind complex, is just a form that is superimposed on the pure existence due to the power of illusion.
3. By wrongly giving more importance to the form (one of the attribute), our focus is shifted from the noun to the adjective.
4. By understanding this power of illusion we can realize the truth and see the ONE as the IS ness in everything around us. (We will see nothing but ONE around us)
5. Once we have this vision of ONE, we will live joyfully.

# Module: C

## Understanding FIVE Sheaths

### **Contents:**

Unit 01 Introduction

Unit 02 Analysis of the FIVE Sheaths

Unit 03 Role of the FIVE Sheaths in evolution

Unit 04 Functions of the FIVE Sheaths

Unit 05 Beyond the Five Sheaths

Unit 06 Our real nature

UNITS	LESSONS	STATEMENTS	Session	Page No
01	Introduction	(3.1)		146
	01	Introducing 'I'	C01	147
		<b>01</b> I am different from my five sheaths		147
UNIT TEST			C02	146
02	Analysis of the FIVE Sheaths	(3.2 – 3.10)		148
	02	Three bodies and five sheaths	C03	149
		<b>02</b> The outer sheath covers all the remaining inner sheaths Inquiry is the first step towards knowledge		149
		<b>03</b> The outer sheath is grosser than the inner sheath		149
		<b>04</b> The inner sheath controls the outer sheath		149
		<b>05</b> The inner sheath is more real than the outer sheath		149
		<b>06</b> The inner sheath lasts longer than the outer sheath		149
		<b>07</b> The inner sheath is more pervasive than the outer sheath		149
	03	Physical Sheath	C04	150
		<b>08</b> Physical sheath alone is discarded at the time of death		150
		<b>09</b> Physical sheath is made up of food.		150
		<b>10</b> I am not the Physical Sheath, I have a Physical Sheath		150
	04	Physiological Sheath	C05	151
		<b>11</b> Physiological sheath is made up of five life forces.		151
		<b>12</b> Physiological sheath sustains all other sheaths.		151
		<b>13</b> I am not the Physiological Sheath, I have a Physiological Sheath		151
	05	Psychological Sheath	C06	152
		<b>14</b> Psychological Sheath consists of four types of thoughts		152
		<b>15</b> Psychological Sheath is responsible for interacting with the external world.		152
		<b>16</b> Psychological Sheath is also responsible for executing all actions in the world.		152
		<b>17</b> Ego thoughts are used to perceive the Intelligence Sheath.		153
		<b>18</b> Psychological sheath controls the Physical Sheath according to the instructions received from Intelligence sheath.		153
		<b>19</b> If will power is low, Psychological Sheath will disobey Intelligence Sheath.		153
		<b>20</b> I am not the Psychological Sheath, I have a Psychological Sheath		153

UNITS	LESSONS	STATEMENTS	Session	Page No
	06 Intelligence Sheath		C07	154
		<b>21</b> Psychological Sheath is an extension of Intelligence Sheath		154
		<b>22</b> Intelligence Sheath cognizes the information from the external world through Psychological Sheath.		154
		<b>23</b> Knowledge determines the power and focus of the Intelligence Sheath		154
		<b>24</b> I am not the Intelligence Sheath, I have an Intelligence Sheath		154
	07 Happiness Sheath		C08	155
		<b>25</b> Happiness Sheath is experienced in deep sleep.		155
		<b>26</b> Happiness Sheath is experienced when we are happy.		155
		<b>27</b> I am not the Happiness Sheath, I have a Happiness Sheath		155
UNIT TEST			C09	148
03	Role of Five Sheaths in evolution (3.22 – 3.25)			156
	08 The process of evolution		C10/11	157
		<b>28</b> Physical Sheath is degradable and present in all objects in the universe		157
		<b>29</b> Psychological Sheath reflects the consciousness in the living beings		157
		<b>30</b> Fully developed Intelligence Sheath lends Self-Consciousness to living beings		158
		<b>31</b> Happiness Sheath when fully developed removes Ego in the human beings		158
		<b>32</b> I am different from the five sheaths		158
UNIT TEST			C12	156
04	Function of FIVE Sheaths (3.26 – 3.27)			159
	09 Practical – Functions of the Sheaths		C13/14	160
UNIT TEST			C15	159
05	Beyond the Five Sheaths (3.10 – 3.21)			161
	10 Practical – After Uncovering		C16/17	162
UNIT TEST			C18	161



<b>UNITS</b>	<b>LESSONS</b>	<b>STATEMENTS</b>	<b>Session</b>	<b>Page No</b>
06	Our Real Nature	(3.28 – 3.43)		166
	11 Immortality		C19	167
		<b>33</b> I am Immortal		167
	12 Infinity		C20	169
		<b>34</b> I am Infinite		169
	13 Happiness		C21	171
		<b>35</b> I am Happiness		171
	14 Summary of FIVE Sheaths		C22	172
		UNIT TEST	C23	166

**Unit 01****Introduction****Number of Sessions: 2  
(01 – 02)****Number of Lessons: 1  
(01)**

On completion of this unit, the student will be able to

- (e) Understand the true meaning of the word 'I'

**Notes to the teacher: (Ref 3.1 of the original text)**

This module is taken only after completion of Module A. The students are expected to have clarity on the basic concepts. Therefore, initiate discussion among the students to strengthen the views.

Examples to be quoted

Presence of a photograph conclusively proves the existence of the camera although it is not possible to capture the image of the camera in the photo.

In every visual perception the object changes BUT the sunlight through which I perceive remains available all the time whether I am paying attention to it or not.

**Unit Test:****C02**

12. Why should we enquire about the FIVE Sheaths?

We need to start our analysis with what we think is the meaning for the word 'I'.

This is explained with a simile.

While hosting a visitor from Alaska, you are explaining your culture/ food habits. When you mentioned 'coconut', he wants to know what it is. Then you show him a coconut on a tree. The visitor from Alaska goes back with the memory of the coconut on the tree. The coconut, which is used in cooking, is one small part of the coconut that grows on the tree. If someone gives him a piece of coconut to eat, he will ask, "Is this coconut? The coconut I saw in India was very big and unbreakable!"

Does he know the meaning of the word 'coconut'? Yes and No. He thinks that the whole fruit is coconut (which is also correct) not realizing that the essence is much smaller and edible. Although he has eaten the coconut many times, he does not realize its true identity.

Similarly, we think this body/mind complex is 'I' (which is also correct) not realizing that the essence is much different and eternal. Although we are with that essence all the time, we do not know our true identity.

To understand the true meaning of "I", we have to uncover five sheaths.

In the coconut, one needs to remove various covers (sheaths) like the husk, shell etc to reach the center core. Similarly, 'I' is 'located' at the center with five distinct sheaths covering it.

In case of coconut, one need not necessarily study/ understand the sheaths to get to the nut in the center. One can just remove all the sheaths and then find the core. In case of human being, the only way to remove the five sheaths is to understand them.

This is like throwing out an unrelated and unwanted guest in a wedding hall. Anyone who wants a good meal can sneak into a marriage hall and pretend to be related to one of the two parties of the marriage. The only effort required (to throw him out) is to enquire who that person is. The moment he sees that there is an enquiry on his status, he will escape from the hall.

Similarly if we make enquires on the each of the five sheaths, they will disappear and then the true meaning of the word 'I' will be revealed.

**Statement 1:** I am different from my five sheaths

**Unit 02****Analysis of the Five Sheaths****Number of Sessions 7**

(03 to 9)

**Number of Lessons 6**

(02 to 07)

On completion of this Unit, the student will be able to

- (f) Describe the relationship with FIVE Sheaths and THREE bodies
- (g) Describe each sheath in detail.

**Notes to the teacher: (Ref 3.2 to 3.10 of the original text)**

Present the following in detail.

- (a) Outside to inside (Physical to Happiness sheath)
- (b) Gross to subtle (Physical to Happiness sheath)
- (c) Controllability (The inner sheath controls the outside sheath)
- (d) Reality (The inner sheath is more real than the outer)
- (e) Durability (The inner sheath lasts longer than the outer)
- (f) Pervasiveness (The inner sheath is more pervasive than the outer)

**Unit Test:****Session C09**

- 20. Write a short essay describing the relationship between the five sheaths.
- 21. List the four types of thoughts

## Lesson 2: Three bodies and five sheaths

Session: C03

In medical science, we analyze the physical body in varied ways like Blood Circulatory system, Digestive system etc. Similarly, in our analysis we divide the body into five sheaths.

The five sheaths are:

- (a) Physical Sheath
- (b) Physiological Sheath
- (c) Psychological Sheath
- (d) Intelligence Sheath
- (e) Happiness Sheath

These five sheaths can also be classified as our three bodies as listed below

- (a) Physical Body (Physical Sheath)
- (b) Subtle Body (Physiological, Psychological and Intelligence Sheaths)
- (c) Causal Body (Happiness Sheath)

**Physical Body** does not need any explanation.

**Subtle Body** consists of 19 components that are not perceivable to our sense organs. We know the existence of the Subtle Body through inference. (More details on inference can be found in the Module B)

**Causal Body** represents the seed form, which supports the existence of both the Physical Body and Subtle Body. Its presence is known through our sleeping state where we are not aware of both our physical body and subtle body. It is made up of Matter dominant illusion.

While the sheaths cannot exist by themselves, the bodies can. The physical body lasts for one lifetime, the subtle body lasts until the judgment day and the causal body is beginning less and end less.

The order in which the five sheaths are enumerated signifies the following:

**Statement 2:** The outer sheath covers all the remaining inner sheaths

**Statement 3:** The outer sheath is grosser than the inner sheath

**Statement 4:** The inner sheath controls the outer sheath

**Statement 5:** The inner sheath is more real than the outer sheath

**Statement 6:** The inner sheath lasts longer than the outer sheath

**Statement 7:** The inner sheath is more pervasive than the outer sheath

This consists of the entire body parts. In other words, whatever one finds in a dead body constitutes the Physical Sheath.

The physical sheath is discarded at the time of death.

**Statement 8:** Physical sheath alone is discarded at the time of death

In the micro level, if we analyze the constitution of the physical sheath, we will find out that it is just a modification of food. The origin of the body is sperm and ovum drawn from the bodies of the parents, which are also modification of food. Therefore, the physical sheath is originated from food, grown and sustained by food. Moreover, after death it will become food for other living beings.

Thus, physical sheath is food.

**Statement 9:** Physical sheath is made up of food.

In the macro level, if we analyze the food chain on the earth we will see that the entire living beings are just modification of food. One form of living being depends on another form of living being for food.

Thus, the physical sheath of all the living beings is nothing but food. It cannot be the meaning of the word I. I have a physical sheath and I am not the physical sheath. It is just like the dress I am wearing on my body. Although it comes with me wherever I go, it is not me.

**Statement 10:** I am not the Physical Sheath, I have a Physical Sheath

This sheath is not visible to the eye because it is made up of subtle matter. It can only be inferred based on the functions of this sheath. It is made up of five distinct Life Forces.

**Statement 11:** Physiological sheath is made up of five life forces.

It includes all the vital activities in cells, tissues, and organs—of processes such as contractility of muscle tissue, coordination through the nervous system, feeding, digestion, excretion, respiration, circulation, reproduction, and secretion.

This sheath is responsible for giving the semblance of life to inert physical sheath. It converts the external food into energy and sustains the physical body. All the sheaths depend on this sheath for survival.

**Statement 12:** Physiological sheath sustains all other sheaths.

Physiological sheath links the Physical Sheath with the Psychological sheath. Thus if we control the way we breathe it affects both our physical body and the mind, This sheath is responsible for separating the subtle body from the physical body at the time of death.

It cannot be the meaning of the word I because it lacks the consciousness. I have a physiological sheath and I am not the physiological sheath.

**Statement 13:** I am not the Physiological Sheath, I have a Physiological Sheath

**Statement 14:** Psychological Sheath consists of four types of thoughts

This consists of all types of thoughts that are generated by our mind. There are four types of thoughts, namely,

- (a) Debating Thoughts (Thoughts that oscillate between 'this' and 'that')
- (b) Deciding Thoughts (Thoughts that make a decision/ Knowledge)
- (c) Ego Thoughts (I and Mine related thoughts)
- (d) Memory Thoughts (Thoughts that are recorded in the past)

Thoughts are energy forms generated by the Intelligence Sheath and they drive all our actions with the external world.

**Statement 15:** Psychological Sheath is responsible for interacting with the external world.

It uses five sense organs (Ear, skin, eyes, tongue and nose) and collect data from the external world. These inputs are converted as thoughts and the dynamic picture of the world is stored in our mind.

**Statement 16:** Psychological Sheath is also responsible for executing all actions in the world.

It uses the five organs of actions (subtle legs, hands and tongue) to do all actions.

**Statement 17:** Ego thoughts are used to perceive the Intelligence Sheath.

This is explained with the following example:

Hand held Torch Light is normally used for seeing the external objects in dark. Nevertheless, occasionally we use the torch to illuminate our own face. Similarly, most of our thoughts deal with the external world. There are some thoughts, which are about our body/intelligence. These are called Ego Thoughts.

**Statement 18:** Psychological sheath controls the Physical Sheath according to the instructions received from Intelligence sheath.

Psychological sheath is responsible for controlling the physical sheath directly. It takes order from Intelligence Sheath and directs the Physical Sheath accordingly. Nevertheless, there are times the thoughts drive the body to act against the



orders of the intelligence. This happens when the will power of the Intelligence sheath is less powerful than the power of sense organs.

**Statement 19:** If will power is low, Psychological Sheath will disobey Intelligence Sheath.

It cannot be the meaning of the word I because I am aware of the changes in my thoughts. If I am not different from my psychological sheath, I cannot observe the changes in it. Therefore, I have a psychological sheath and I am not the psychological sheath.

**Statement 20:** I am not the Psychological Sheath, I have a Psychological Sheath

**Statement 21:** Psychological Sheath is an extension of Intelligence Sheath

If the Psychological Sheath is compared to the waves then the Intelligence Sheath is comparable to the ocean, which generates and sustains the waves.

Waves arise where the ocean meets the ground. Similarly, thoughts arise in the mind when there is an interaction with the external world. Quality and quantity of waves depend on the depth of the ocean. Similarly, the more matured and knowledgeable mind will have less wavering thoughts.

**Statement 22:** Intelligence Sheath cognizes the information from the external world through Psychological Sheath.

This sheath is the storehouse for all thoughts and converts the information into knowledge.

**Statement 23:** Knowledge determines the power and focus of the Intelligence Sheath

The power of intelligence depends on the quantity and quality of information collected and its ability to convert the same in to knowledge. Most of the work is done by trial and error to start with. Nevertheless, the knowledge once gained never gets lost. The only way to erase knowledge is to super scribe it with new knowledge.

The will power is part of the Intelligence Sheath and it is used for controlling the Psychological Sheath.

It cannot be the meaning of the word I. There was a time (my childhood) that I did not have intelligence and now I have intelligence. Therefore, I am not the intelligence sheath.

**Statement 24:** I am not the Intelligence Sheath, I have an Intelligence Sheath

**Statement 25:** Happiness Sheath is experienced in deep sleep.

This is the final sheath to be uncovered before reaching the core. We experience this sheath while in deep sleep. In deep sleep, we are totally unaware of our physical sheath, psychological sheath and the intelligence sheath. (Physiological sheath is functioning in the deep sleep but we are never conscious of its functioning. Even while we are awake, we do not do anything to digest the food or extract energy from it. It functions totally independent and hence ignored)

We know on waking up that we had a very good peaceful sleep. That was our Happiness Sheath.

**Statement 26:** Happiness Sheath is experienced when we are happy.

When we are really happy the status is similar to deep sleep. Just as we can never make the statement “I am sleeping now”, we can never make the statement “I am happy now”.

We can only recall that we were very happy after the event.

Happiness Sheath is also experienced frequently when we experience happiness due to seeing/ obtaining/ enjoying an object of liking. During these moments, there are no other thoughts in our mind and we experience a sort of fulfillment/ satisfaction/ happiness. We are totally engrossed on the object. This means we are one with the Happiness Sheath. However, such moments do not last for long.

Happiness Sheath is not me because it lacks consciousness.

**Statement 27:** I am not the Happiness Sheath, I have a Happiness Sheath

<b>Unit 03</b>	<b>Role of Five Sheaths in evolution</b>	<b>Number of Sessions 3</b> (10 to 12)
		<b>Number of Lessons 1</b> (8)

On completion of this Unit, the student will be able to

- (f) Describe the process of evolution

**Notes to the teacher: (Ref 3.22 to 3.25 of the original text)**

Compare the evolution as given in the lesson with Darwin's theory. Explain the only difference lies in the concept of Involution, which precedes evolution.

**Unit Test:**

**Session C12**

- 14. Explain the role of sheaths in evolution.

The five sheaths in the human being could be easily comprehended by seeing their role in the evolution.

**Statement 28:** Physical Sheath is degradable and present in all objects in the universe.

Stage 1: Inert Object (Example: Stone, sand, water etc)

Physical Sheath is a degradable inert object. It is just a combination of five elements (Space, air, water, fire and earth). It does not have any semblance of life.

**Statement 28:** Physiological Sheath gives life to inert objects.

Stage 2: Life forms (Example: Vegetation, plants, trees etc)

Physiological Sheath is independent but cannot be perceived without the Physical Sheath. When it coexists with the Physical Sheath, the inert object (the physical Sheath) gets life. Therefore, the combination of the Physical and Physiological Sheath is like a plant or tree.

This combination is better and more evolved than an inert object. It is alive.

When the Physiological Sheath leaves the Physical Sheath, the later becomes an inert matter called dead body.

**Statement 29:** Psychological Sheath reflects the consciousness in the living beings

Stage 3: Living beings (Examples: Animals, birds etc)

Psychological Sheath adds another dimension to the combination of Physiological Sheath and Physical Sheath. It makes the living body reflect the consciousness making it more evolved than plants and trees.

Thus, when these three sheaths are together life is more evolved

**Statement 30:** Fully developed Intelligence Sheath lends Self-Consciousness to living beings

#### Stage 4: Human Being

Intelligence Sheath makes the living beings to control their destiny. The will power, ego, self-awareness and the ability to put the knowledge into use resulting in wisdom are the hallmark of this sheath. This sheath differentiates a Human Being from other forms of life. This sheath is in a dormant stage in the other living beings.

**Statement 31:** Happiness Sheath when fully developed removes Ego in the human beings

#### Stage 5: Divine Being

The final sheath namely the Happiness Sheath enables the living being to raise upto the highest level. At this level, all the superiority/ inferiority complexes, which are the symptoms of the Intelligence Sheath, will vanish. This is in a dormant stage in the human being.

**Statement 32:** I am different from the five sheaths

**Unit 04**

**Function of Five Sheaths**

**Number of Sessions: 3**  
**(13 – 15)**

**Number of Lessons: 1**  
**(9)**

On completion of this unit, the student will be able to

- (a) Understand the functions of the Five Sheaths

**Notes to the teacher: (Ref 3.26 and 3.27 of the original text)**

Discuss the Happiness Sheath in detail because this might be the grey area from the perspective of the student who may not have exposure to corporate structure and functions

If appropriate, inform all the shareholders in all the companies in the world are benami of ONE.

**Unit Test:**

**Session: C15**

1. What are the functions of the Five Sheaths? Explain them by giving your own examples.

In order to explain the functions of my five sheaths, they are compared to a corporate environment:

Physical Sheath – The Corporate Entity

Physiological Sheath – The Infrastructure (Office building, communication instruments etc) that facilitate the functioning of the organization.

Psychological Sheath – The entire work force of the organization

Intelligence Sheath – The Managing Director (MD) of the corporate entity.

Happiness Sheath – The owner (shareholder) of the corporate entity

The role and functions of the five sheaths are very similar to the above simile.

**Physical Sheath:** The entire interaction in the external world is done from this sheath. The world see only the corporate entity – not the infrastructure/ workers/ MD / Owner – for all practical purposes although in truth the entity is just an artificial personality that exists only in the eyes of law.

Similarly, although our physical sheath appears to be real, it is not. It is just an instrument to do the transaction.

**Physiological Sheath:** Without the infrastructure, it is impossible for the corporate entity to function. Similarly, this sheath is vital for the functioning of our entire body. Infact the body is declared dead only when it becomes cold and not when the pulse stops!

**Psychological Sheath:** Just like the work force in a corporate entity, which executes all the functions in the organization, this sheath is responsible for carrying out all the actions of the body. Only the workforce interacts with the external world.

**Intelligence Sheath:** Like the MD of the corporate entity, the intelligence sheath holds the position of doer in us. All actions of the corporate entity originate from the MD. Suppose the company is involved in an illegal activity, the police will arrest the MD. Similarly, for all our actions (and non-actions) the Intelligence Sheath is responsible. Like MD, Intelligence Sheath deals with the next level internally while Psychological Sheath alone deals with the external world.

**Happiness Sheath:** The owner of the corporate entity is not involved in the working. Nevertheless, the operating results of the organization (profit or loss) belong to the owner. Similarly, the Happiness Sheath is the enjoyer of all the fruits of the action. In order to keep the owners happy, the MD gets involved in action. However, since the intelligence does not have the correct picture of the environment mostly it drives the entity in the wrong direction in search of happiness.



**Unit 05**

**Beyond the Five Sheaths**

**Number of Sessions: 3  
(16 – 18)**

**Number of Lessons: 1  
(10)**

On completion of this unit, the student will be able to

(a) Prove that I am not the Five Sheaths

**Notes to the teacher: (Ref 3.10 and 3.21 of the original text)**

This Unit is the most difficult in the sense the self-realization should happen to the student when logically one moves beyond the five sheaths.

The teacher should assist this process.

**Unit Test:**

**Session C18**

1. Write your perceptions on what remains after removing all the five sheaths.

## Lesson 10: Practical – After Uncovering

Session: C16 – C17

It is expected that we will find the meaning of the word I, after removing the five sheaths. It is also said that the mere process of enquiry will remove the five sheaths. We have enquired thoroughly the nature and functions of all the five sheaths. Moreover, we have found out that the five sheaths are covering us just like the dress cover our body.

However, after uncovering all sheaths we do not find anything?

Yes, we are on the right path in our understanding of the meaning of the word I. The one who removes all the five sheaths and find nothing inside is the meaning of the word I.

All the five sheaths are objects perceived by the subject I.

The relationship of 'I' with the FIVE SHEATHS is explained with an example:

Michael Jackson's personal secretary (who is an authorized signatory of the bank account) visits the bank in chauffeur driven limousine everyday.

One day when the car enters the bank premises, the manager says "There! He has come". Some one who is new in the bank asks 'who' and gets an answer 'Michael Jackson'. Therefore, he eagerly looks out and sees the car.

Michael Jackson is not the car. (The car represents our physical body.)

He is not the automotive power that drives the car. (Physiological sheath)

Michael Jackson is not the skills of the driver (Psychological Sheath)

Michael Jackson is not the driver (Intelligence Sheath)

The onlooker knows all these things but he is hoping that the person who gets down from the limousine is Michael Jackson. However, unfortunately only the Personal Secretary (Happiness Sheath) is getting down.

As far as the bank is concerned Michael Jackson has visited the bank.

Similarly, we have five sheaths, which interact with the external world. I am represented by

Happiness Sheath	as	The enjoyer
Intelligence Sheath	as	The doer
Psychological Sheath	as	The executor
Physiological Sheath	as	The motive power
Physical Sheath	as	The instrument

## **Question: Still I do not experience myself as I experience my five sheaths?**

True, in order to accept something as existing we need to experience it:

- We should be able to perceive it directly (By touching, seeing etc)
  - I see a cat. So I know it exists
- If the above is not possible, we should be able to do it on some future date or on fulfilling some conditions.
  - I do not see China Wall but I have seen a photo of it AND I can see it if I visit China. Therefore, it exists.
  - I do not see the groundnut inside the shell but I can see it if I open the shell. Therefore, it exists.
- We should know some one who has directly experiences it.
  - I know moon exists as a solid globe like earth because some one has directly experienced it.
- We should be able to infer it based on what we know/ observe
  - I know Black Hole exists because I can infer it based on the scientific data provided.

Any object in the universe, which does not fulfill any one of the above conditions, can be stated to be non-existent.

**Rule: An object, which cannot be experienced, does not exist.**

For example if someone says there is cat here on the table but you cannot experience it, then the statement is a lie. Therefore, it is not possible to say an object exists but cannot be experienced. If something is not experienced / cannot be experienced then it does not exist.

**There is only one exception to this rule: The subject**

Example: We cannot see our own eye. (What we see in the mirror is the reflection of our eye). However, since we see we know that we have eyes although we do not perceive them directly.

Similarly, the knower who is the subject, which experiences all the objects, cannot experience itself. If the status of the subject is changed as an object, then there will be a question mark on who is the subject of that object.

All objects in creation can be experienced. Whatever that cannot be experienced can be dismissed as non-existent except the subject who is experiencing all the objects.

Because I am the subject who is experiencing the entire creation, I cannot be experienced by definition. There is no one else other than me to experience me!

Example: In order to see any object, we need light. However, in order to see the source of light we do not need any other light. Similarly, our consciousness is the light, which enables us to know everything. Moreover, we cannot use any tool to know this consciousness. There is no need to know the consciousness since it is self-revealing.

A candle light does not need a sun light to reveal itself since it is self-revealing.

All the objects in the world are known only through me. Since nothing else other than me exists it is not possible to know myself. If there is some other knower to know me then the question comes who will know that knower! It will be like a blind person searching for a black cat in a dark room that is not there. One will never find it. Thus, the knower cannot be known.

Therefore, we cannot experience ourselves, not because we do not exist but because we are the subject.

Example: Suppose you ask someone to check if there is anyone inside a big house, that person enters the house and checks all the rooms and reports from his mobile phone "There is no one inside this house". This information is technically not correct. HE IS INSIDE THE HOUSE.

Similarly, the knower is the one who identifies all the five sheaths and cannot find anyone else except self. Self exists, but cannot be counted as an object.

Example: The source of sweetness in coffee is from Sugar. Coffee is bitter by nature. It borrows the sweetness from sugar. However, where does the sugar get the sweetness? It does not get it from anywhere nor can any other object lend sweetness to it. It is naturally available with it.

Nevertheless, supposing one wants to know the origin of sweetness in sugar, his search will be endless. Sugar's inherent nature is sweetness and it does not need to borrow sweetness from else where as the other objects do. Moreover, no other article is capable of giving sweetness to sugar.

Similarly, it is my nature to know everything. In addition, I (knower) cannot be known.

Thus the meaning of the word I is SELF (or ONE) which is not knowable as an object because I am the subject.

Whatever I know is not SELF.

Whatever I do not know is not SELF.

Whatever I will ever know is not SELF.

Whatever is ever knowable by anyone is not SELF.

SELF exists as something else other than objects that are known /unknown.

Then who is SELF?

Whoever is asking this question is the SELF

**Question:** I still do not understand. What exactly should I do to know SELF?

**Answer:** It is like shouting, "I do not have a tongue. What should I do to get one?"

We can only pity with such person and hope he matures to become more intelligent and then start this enquiry. His mind is not sufficiently prepared to receive this knowledge.

**Unit 06**

**Our Real Nature**

**Number of Sessions: 5  
(19 – 23)**

**Number of Lessons 4  
(11 – 14)**

On completion of this unit, the student will be able to

(a) Prove that our real nature is Immortal, Infinite and Happiness

**Notes to the teacher: (Ref 3.28 and 3.43 of the original text)**

The learning must center around the student's ability to logically derive that we are Immortal, Infinite and Happiness.

How anantham becomes Aanandam should be explained clearly.

**Unit Test:**

**Session C23**

1. Prove that I am Immortal
2. Prove that I am Infinity
3. Prove that I am Happiness

If we identify ourselves with the physical sheath we are mortals and finite. However, the moment we know the truth that, we are not the sheaths but the subject, which experiences everything, and then we know we are immortal and infinite.

Example: As long as our friend from Alaska thinks about the coconut on the tree, it is big and unbreakable for him. However, the moment he thinks about the inner core it is tender and edible.

I am not a human being seeking spiritual experience but I am a spiritual being temporarily having human experience. As a spiritual being, I am immortal and infinite and my human experience is mortal and limited.

**Statement 33: I am Immortal**

If we look around, every thing we see is mortal, including the universe. It is scientifically proved that all these are changing all the time and slowly moving towards their death. It is logical that whatever begins in time has to end in time. There cannot be just a birth date without a death date. Everything is mortal.

There is only one exception: Myself.

If I start questioning my self, when I started to exist, the answer will be 'I do not know'. It means that I exist all the time.

Example: On landing in America, Columbus asks one of the native "When did you come here?" He answers, "I do not know" because he is always there.

Similarly, since I cannot recall when I started existing, I should be existing all the time. That means I am immortal.

Immortal means is to be present in all three tenses, present, past and future.

It also means to remain changeless. Anything that changes is bound to get extinct in time.

I was young and now I am old (refers to the physical sheath)  
I was sick and now I am healthy (refers to the physiological sheath)  
I was angry and now I am calm (refers to the psychological sheath)  
I was stupid and now I am intelligent (refers to the intelligence sheath)  
I was suffering and now I am happy (refers to the happiness sheath)

In all these statements, we see the sheaths are undergoing changes. The 'I', which is changeless, is the one who could observe the changes. If I was also changing then there is no way the changes of the sheaths could be observed.

Finally, in order to observe the mortality of something, there should be something else, which lives longer.

For example if a pot is made out of clay, some one has observed its birth. If it is broken and destroyed, some one who is aware of its existence acknowledges its destruction.

However, in case of the SELF there is nothing other than SELF it has to be immortal.

That which is negated by some one is false and mortal. Ultimately, the one who negates everything else cannot be negated. Since we have negated everything in the universe, we are immortal.

Example: I am looking at everyone through my spectacles. However, I cannot look at my eyes using my spectacles. Similarly, I am the one who observes everything in the universe, including my body, mind and intelligence. However, I cannot look at myself. I am the subject who is present all the time.

Thus, I am immortal.



**Statement 34:** I am Infinite

Infinite is a boundless entity, which is not limited by time, space and object. There can be only one infinite. If there is more than one infinite, then one limits the other and therefore both are not infinite.

I am infinite because I am not limited by time (I am immortal)

I am infinite because I do not belong to a place. If my body is here, it cannot be elsewhere. Nevertheless, I am present at all the places at all the time. (I am all pervasive)

I am not my body so I am not limited by an object.

Example: If I am a human being then I cannot be a bird. If I identify myself as a living being then I am not an inert object. Nevertheless, the truth is I am the consciousness, which is the content of everything in the creation. Therefore, there is nothing in the world, which is not me.

If we focus our attention on the form, we will see the chain, ring and necklace as different entities but if we focus on the substance, then all of them is one substance, gold.

Thus if we focus ourselves with the substratum of the entire universe, then we are limitless, infinite.

The moment I realize that I am immortal and infinite, I know I am perfect as I am and I do not need to do anything to get fulfillment. If there are any problems with my body/mind, those problems will not affect me. I am not dependent on the universe for my existence. I provide existence to the universe. The universe is just a name and form with certain functions; I am the nameless, formless and attribute less entity. This fulfillment and contentment is my original nature.

**Question: How can I have two contradicting natures being immortal/infinite and being a mortal limited by time, space and human body?**

This is possible because these opposing attributes do not belong to the same order of reality.

Example: Two 5 year olds fight for a balloon. The fight is real. However, suppose one of them is 50 year old and the other is 5 year old, the situation is different. When both of them are fighting for the same balloon, for the 5 year old it is absolute reality and if he does not gain the balloon from the 50-year-old, life will end. However, for the 50 year old it is a relative reality. Of course he fights for the balloon. Nevertheless, gaining the balloon or losing it does not make any difference to him.

Similarly, from the standpoint of body/mind complex we observe that we are mortal and limited. Nevertheless, truly we are immortal and infinite.

The problems of the world belong to a lower order of reality, which can coexist with our real status. It is like being drowned in the swimming pool in a dream. Nothing happens to the person sleeping in the bed whether the dreamer is drowned or saved. Similarly, nothing happens to us whether we succeed or fail. Situations in the life on earth as a human being are given a higher status of reality due to our ignorance. It is as if the 50-year-old man really gets affected if he loses the balloon to the 5 year old! It is quite possible for him to get hurt, not because he lost the balloon but because he has given undue reality to it.

Example: A grand father is upset and complains that he is ill-treated by his 5 year old grandson! It happens. However, the reason for the suffering is not the 5 year old but the ignorance of the grand father who gives undue reality to the actions of his grandson.

The objects, persons and events in the life on the earth do not pose themselves to be real. They are part of the illusion and never claim to be the absolute reality. Due to our ignorance we think they are for real and get caught in the misery (or otherwise) of life.

The moment we understand that, we are different from the five sheaths then we are liberated.

The mere fact that we are infinite makes us limitless. There is nothing in the universe other than me. This means there is nothing to gain.

**Statement 35:** I am happiness.

If I know, my real nature is immortal and infinite then my life on earth will get transformed. I will live the life joyfully since I will not be giving reality to the illusion of objects, persons and events that happen around me. In fact mere living is entertainment since I know that all the objects and persons around me are also rooted on the same reality. It is like acting in a drama in which none of the other actors knows that they are acting. Although I will also be acting my role that will suit the given situation, I can enjoy the performance of others since they are under the assumption that the drama is real life.

The events and results of the transactions in the drama will not affect my mental balance. I will not have any cause to feel anger, irritation and frustration in life.

Those who are ignorant that they are acting will be following the scripts (codes of conduct imposed by society, government and the environment) either willingly or unwillingly. However, I do my part willingly all the time.

**Question: How can my nature keep changing?**

(Since we are functioning in the world using the five sheaths how can we function with the sense of immortality. If someone is shooting at me should I not duct?)

This is easy to solve since we are already doing this in our day-to-day life.

Example: A rich student acts in a drama as a miserable beggar. Ofcourse he is in sorrow and in a pitiable condition so long the drama is on. It is not that he 'becomes' rich after the drama gets over. Even while drama is going on, he knows that he is rich. Nevertheless, he has to beg for alms and not claim he has lots of money. There is no contradiction. The misery of the beggar does not affect the true status of richness in anyway.

Similarly, when I am dealing with the world I am a fellow human being who is mortal and limited. Nevertheless, in reality I am immortal and infinite just like everyone/ everything else. While playing the role of the human being as father, employee or whatever I will do the role appropriately but I will be conscious of my real status as an immortal being. If someone is shooting at me I will not claim I am immortal and stand straight in front of the bullet.

Normally we are living with the wrong understanding of the meaning of the word 'I'. In order to gain the correct meaning one has to enquire the five sheaths and remove each one of them saying that it is not me.

Physical sheath is not me because it keeps changing and I am aware of the change.

Physiological sheath is not me because it functions without my knowledge and I am aware of its function.

Psychological sheath is not me because the thoughts keep changing all the time and I am aware of all the thought modifications

Intelligence sheath is not me because it keeps growing and I am aware of its change.

Happiness sheath is not me because it lacks consciousness.

I am immortal and infinite entity who is temporarily occupying the five sheaths functioning in this world.

As and when I understand this true nature of myself, I am free from the miseries of the world.

All the experiences in the world are a combination of two factors. One is the observing subject and another is the object that undergoes the experience. If I am aware that the observing subject is I, I am liberated and live a joyful life. Instead, if I identify myself only with the object that undergoes the experience then life will be oscillating between pleasure and pain.

Example: When we see any object, we really see two things, the object and the light. Generally, we are ignorant of the existence of light, even though we perceive it all the time. (If we do not perceive it, we cannot see the object in the first place)

Similarly, I am the subject that perceives all the objects but I get lost in what is observed. Understanding this truth will enable me to live joyfully.

# Module: D

## Understanding TWO Creations

### **Contents:**

Unit 01 Introduction to TWO creations

Unit 02 Problems with the second creation

Unit 03 Solutions to the problems

Unit 04 Benefits of understanding TWO creations

UNITS	LESSONS	STATEMENTS	Session	Page No
01	Introduction to TWO Creations	(4.01 - 4.31)		176
	01	Things known	D01	177
		<b>01</b> I exist and I know I exist		177
		<b>02</b> I have five sense organs		177
		<b>03</b> I perceive a world around me		178
	02	Moving from known to unknown.	D02	179
		<b>04</b> The world around me is created by God.		179
	03	Facts from the Scriptures – I	D03/04	180
		<b>05</b> Creation is continuous activity		180
		<b>06</b> Creation is an illusion		180
		<b>07</b> I exist eternally and I am immortal		181
	04	Facts from the Scriptures – II	D05/06	182
		<b>08</b> God created the universe according to my Specifications		182
	05	Implication of the facts – I	D07/08	184
		<b>09</b> The world around me, is custom made for me by God.		184
		<b>10</b> I am ONE but I am deluded.		185
	06	Implication of the facts – II	D09	186
		<b>11</b> I am living in a world that is created by me.		186
		<b>12</b> The basis for our creation is the world created by God.		186
		<b>13</b> Nothing that we see in this world is created by us.		186
		<b>14</b> We have mistaken notion on the ownership.		187
	07	We create our world.	D10/11	188
		<b>15</b> The world that is created by me is made up of thoughts.		188
		<b>16</b> Each human being creates his own version of the world.		189
	08	Our vision is colored.	D12	191
		<b>17</b> My version of the world is colored by my preferences.		191
	09	God's creation is innocent.	D13	193
		<b>18</b> God's creation is not responsible for my creation.		193
	10	I am responsible for my creation.	D14	194
		<b>19</b> Social/ political/ economical/ religious environment is also my creation.		194
	11	Practical – On Second Creation.	D15-17	196
UNIT TEST			D18	176

UNITS	LESSONS	STATEMENTS	Session	Page No
02	Problems with the Second Creation	(4.32 – 4.42)		199
	12	I am the cause of my problems	D19	200
		<b>20</b> I am responsible for all my problems.		200
	13	No one else is the cause of my problems	D20	202
		<b>21</b> External objects, events or persons can never be the cause of my problems/ sorrow.		202
		<b>22</b> I cannot and should not avoid both the creations.		202
UNIT TEST			D21	199
03	Solution to the problem	(4.43 – 4.68)		203
	14	Suggested solutions to my problems	D22	204
		<b>23</b> The solution to my problems is in understanding God's creation.		204
		<b>24</b> I need to Study the Scriptures under the guidance of a Teacher		204
		<b>25</b> I need to reflect on the teaching and clear my doubts.		204
		<b>26</b> I need to internalize my understanding through Meditation		204
	15	Implementation of the solution	D23 – 27	205
		<b>27</b> Understand that God's creation is an illusion.		205
		<b>28</b> Be aware that the sense objects (including persons and events), which are parts of God's creation reaching us through our sense organs.		206
		<b>29</b> The thoughts that are created based on the input received from the sense organs are colored.		207
		<b>30</b> Our knowledge is based on our thoughts and hence they are biased		207
		<b>31</b> Our biased knowledge actually is wrong knowledge		208
		<b>32</b> Colored thoughts are converted as desires/ aversions.		209
		<b>33</b> Our desires/ aversions are the root cause of our action		209
		<b>34</b> Repeated actions lead us to habits.		210
		<b>35</b> Our habits determine our personality.		210
		<b>36</b> Our personality (which includes our preferences) will color our thoughts		210
	16	Freedom from Eternal Cycle	D28	211
	17	Summing up the solution	D29	213
UNIT TEST			D30	203
04	Benefits of understanding TWO creations	(4.69)		214
	18	Knowing the creation	D31	215
	19	Benefits of knowing the creation	D32	216
UNIT TEST			D33	214

**Unit 01      Introduction to the TWO Creations      Number of Sessions: 18**  
**(01 to 18)**  
**Number of Lessons: 11**  
**(01 to 11)**

On completion of this unit, the student will be able to

- (f) Identify the process of two creations
- (g) Understand the innocence of the God's Creation

**Notes to the teacher:**

This Module is to support a process of scientific and logical self-enquiry by the student. Each student should be encouraged to do the enquiry in line with the given text independently.

The teacher should identify the students who are not yet mature to take up this module. This can be ascertained by giving an assignment to the students followed by a test.

Assignment: Write your comments on Rene Descartes 'I think, therefore I am'.

Test: If a student is of the opinion, that the knowledge 'I exist' is conditional, then he is not yet ready to understand this Module. Some might say, "I exist because I think" or some other condition. This is wrong. If one does not know 'I exist' or needs the support of theories/ explanations or needs to use any of the five senses to prove 'I exist', then special attention should be given prior to proceeding with this module.

**Unit Test:**

**Session D18**

- 13. How do we conclude 'I exist'? (Lesson 1)
- 14. How do we know that we have five sense organs? (Lesson 1)
- 15. Since we perceive the world, it exists. True or False? Discuss
- 16. Why do we need the Scriptures and guidance from a teacher?
- 17. What is my role in creation (Lesson 4)
- 18. What are the four types of living beings? (Lesson 5)
- 19. What is our mistaken notion on ownership? (Lesson 6)
- 20. What is the process of creating our thought world? (Lesson 7)
- 21. Who is responsible for the world around me? (Lesson 8)
- 22. Why the world around us is like what it is? Discuss



To live joyfully, we need complete understanding of the world in which we live. We should find out the origin of this creation and its role in our life. We are not interested in anyone of the many possible theories on creation proposed by our scientists. We need to know the absolute facts, which will not keep changing over time. Therefore, we begin our investigation with what is known.

**Statement 1:** I exist and I know I exist

Any exploration into unknown territories has to start from a known territory.

Example: You are driving and want to reach a specific destination using a road map. If you are not able to locate your current position in the map, the map is useless.

Similarly, if we want to understand the creation in which we live, we should start our search from known facts.

I exist. This is the starting point. We do not need any science, logic, philosophy or religion to give us this knowledge.

I do not even need the help of my five sense organs to know that I exist.

Therefore, the sure starting point, about which no clarification/ teaching/ guidance is required is the knowledge 'I exist'

**Statement 2:** I have five sense organs

I know I have five sense organs.

Proof: I receive five different inputs from the world around me.  
(Not everyone may have this. Helen Keller was blind and deaf. She perceived the world only through her touch, taste and smell senses.)

We do not yet know that there is a world which exists!

We have just two facts. One, I exist and the second I receive five different inputs. The fact that we receive five different inputs proves that we have five sense organs but does not prove that there is a world outside. It is quite possible that we are connected to a machine from birth and all the inputs are given to us artificially or we may be dreaming. Whatever we have seen and heard could be just a five dimensional movie that is fed into our five senses. Alternatively, maybe there is a world that exists outside me and it is giving me the fivefold sense experience. I do not know as yet which one of these two possibilities is true nor do I have any clue of any other possibilities.

**Statement 3:** I perceive a world around me.

There is a world around me because I perceive one. This is a hypothesis.

I do not yet know whether the world that I perceive is real or a movie. The fact is I perceive a world. There are people, living beings and objects around me functioning in an orderly manner unlike what happens in my dream.

It is quite possible that the world around me is created by a few computer programmers who are making my mind believe that I see a world, by connecting a few wires to my brain.

Therefore, I am not sure whether the world really exists or not. The existence of the world is just a hypothesis, which I am testing. However, in order to proceed with the investigation I will have to assume that there is a real world around me and I am willing to explore the other possibilities (of computer program etc) only if this hypothesis is proved wrong.

**Therefore, now we have two facts and one hypothesis to proceed with our investigation.**

Fact 1: I exist.

Fact 2: I have five senses.

Hypothesis: There is a world around me.

**Statement 4:** The world around me is created by God.

If there is a world around me, it could have been created by God or it just happened to exist without a creator. It is impossible to prove scientifically or logically the existence of God. It is equally impossible to prove the non-existence of God.

I need to understand the world fully, when the world was created, who created the order in it etc so that I can validate my hypothesis. I cannot and should not make any more assumptions to gain this additional knowledge.

It is becoming impossible to investigate anything further without help. I am not able to depend on science for getting more facts, because it can only give theories on creation. Nor I can derive the answer logically since pure logic is capable of proving anything. What I need is an absolute and authoritative truth that will not change over time. If I get hold of that then I can validate it through science and logic and gain the true knowledge.

Example: Imagine that you are visiting a foreign country for the first time and you are finding it impossible to explore the city without assistance. (One blind man cannot lead another. If he does, the chance of falling down is doubled!) You need an authentic map and competent guide to make your visit joyful.

Similarly, in order to understand the world around you, you need an authentic map (the Scriptures) and a competent guide (A teacher who has understood the world thoroughly). It is perfectly all right if there are different maps showing different paths to our destination.

Depending on how intelligent we are, soon we can figure out whether the map is a correct one or not and whether the guide is showing us the wrong path by comparing the map with our current location/ path.

Similarly, we can definitely use our intelligence to ensure that we are not cheated by the (unauthorized versions of) the Scriptures or by the (false) guide. The guide must however follow a map and cannot come up with his own map because he could not have found out the origin of the universe all by himself.

Therefore, we need to find a guide and understand the essence of the Scriptures, which should clarify all our questions. This shall be the starting point. Science and logic are not abandoned. They will be used to validate the information given in the Scriptures.

The Scriptures declare that the world we perceive is not real but an illusion. This means that our hypothesis that there is a world around me is correct. However, we need to understand its real nature. We need to collect more facts.

**Statement 5:** Creation is a continuous activity

Whenever we talk about creation, we assume that it is an historical event, which happened in a distant past. This is not true. The Scriptures declare that it is an ongoing continuous process of evolution and dissolution, which is happening here and now. This declaration is confirmed by science as well. Expansion of the universe from Big Bang and contraction back into singularity is one of the many conclusions arrived at by the scientists.

This cycle of creation, sustenance and dissolution is happening continuously.

The correct word for creation therefore is manifestation.

Example: Flag hoisting does not create the flag. The flag is already there and when it is unfurled, we see a shape/ color and name it as 'Indian flag'. After the event, the flag is folded back and tied to the pole. Then people do not see any flag flying but it does not mean it is not there.

Similarly, the universe is the manifested state of ONE, which is always there. Unlike the flag which was created in time, ONE is eternal and has never been created. Therefore, there is no 'first creation of universe". It is manifested and resolved in an endless cycle in line with the actions of the human beings as explained in subsequent lessons.

**Statement 6:** Creation is an illusion

There is nothing but ONE, which is beyond the concepts of time, space and causation. ONE has a power called Illusion using which it manifests the universe that appears to be real.

To create this universe, there is no need of any action (by ONE) since creation belongs to a lower order of reality.

Example: In order to create a dream world in our sleep, we do not do any action. A mere wish (although unintentional) brings up the dream world.

Similarly, ONE creates this universe through mere wish/desire.

Note: This desire of ONE is of different nature compared to the desires of ignorant human beings. Human beings desire to perform action to achieve fulfillment. Their desire is born out of a sense of incompleteness.

The desire of ONE is an expression of its nature. (Similarly, the desires of the human beings who have gained the ultimate knowledge is an expression of their nature)

Prior to the creation, the universe was part of ONE. After the creation, it appears to be different than ONE.

Example: A cup of milk is made into curd. Prior to the creation of curd, it was potent in the milk. After creation of curd, the milk is not lost. It now appears in the form of curd.

In this example, the milk undergoes a change to become curd. However, in case of ONE, it does not undergo any change to create a universe out of it.

Thus, the nameless, changeless, attribute less, eternal, infinite ONE appears to be the universe after creation.

Universe is not a real substance but it is just a name and form superimposed on ONE.

Example: A snake is seen on a rope lying in darkness. In reality the snake does not exist but it appears to be real due to the semi darkness.

Similarly, in reality the universe does not exist but it appears to be real due to the Delusion of the human beings.

**Statement 7:** I exist eternally and I am immortal.

God and Living beings are reflections of ONE and therefore they are eternal. In other words, the fact is **I exist all the time (I am beyond time)** and the questions on creation of the universe and my birth into the world are born out of Delusion.

Therefore, when we talk about creation we refer to the universe consisting of inert objects. No living beings are created in time. They exist eternally. When the universe is in the manifested stage, the living beings have a physical body to live in the universe. When the universe is dissolved, the living beings continue to exist in potent/ seed form. They will be in hibernation until the universe is manifested again.

Example: The Ground Squirrel is known to hibernate for over 200 days, meaning it will show no sign of life during this period and then come back to 'life' when the environment is warm enough for them.

Similarly, all the living beings go through some sort of hibernation when the universe is dissolved into singularity and wait to spring back into life when the universe is manifested at an appropriate time.

Just as we sleep in the night and get up in the morning to continue our life, the universe gets resolved and manifested repeatedly and the living beings live eternally until liberation.

**Statement 8:** God created the universe according to my specifications

God visualizes the past deeds of the living beings and creates an appropriate universe as an illusion for their enjoyment/ suffering. All our actions will bring about appropriate results sooner or later and the universe is created for our enjoyment/suffering depending on our past good/ bad actions.

Example: To build a house two key parties are required: Owner and the contractor. Both of them jointly construct the house and either of them cannot do it alone. The owner does not have the knowledge/ skill to build the house and the contractor does not have the motivation or resources to build the house.

The owner contributes two important things towards the construction of the house

The desire to build the house with a specific design (Without which the house will not be constructed)

The money required for the construction (Without which the house cannot be constructed)

The contractor constructs the house in line with the owner's desire and within the constraints of the budget. The owner may desire to have a swimming pool in the house but if he does not have enough money, the contractor will have no means to provide the same.

Similarly, the universe is created jointly by me and God. I do not know how to build the world so I use the service of the God to build it. God does not have any desire or means to create the universe. So he is waiting for the following from my side.

My desires, without which I will not be born, decide what sort of world I will get.

The accumulated results of my good / bad actions in the past are the equivalent of money using which I demand that a world is created for me.

God creates the universe that suits my desire within the budget allocated by me. I may desire to live in a world of comforts but if I do not have enough accumulated good actions I will not get it.

The universe is just like a big apartment complex. There is infinite number of living beings (who exists eternally) who wants to enjoy the fruits of their past actions. Therefore, they desire to create a universe. God has the know how to build such a universe that meets their requirements.

Each living being gets an environment within the world that suits its budget. One could be born to a millionaire or to a beggar depending on the past actions. In the same apartment complex, there are single room apartments and five bedroom apartments. Similarly, there are many variations in the level of comforts within the world. Each one of the living beings gets what it desires limited only by the self-imposed constraint of good deeds.

God using the power of illusion visualizes the desires and takes account of the actions of all the living beings and at appropriate time creates the universe, sustains it for a specific period (allowing a subset of living beings to be born during that period) and dissolves it. It is just like the day and night cycle.

We get up from our sleep precisely for continuing our experience (pleasure and pain) as desired by us and as supported by the result of our past actions.

Similarly, the universe is created by God as desired by us. Though it is a joint effort of God and me, I am fully responsible for the creation. God delivers the universe exactly as desired and ordered by us. There is absolutely no variation between the specification and actual delivery since God does not have any internal agenda. In addition he is omniscient/omnipotent and therefore fully capable of doing a good job.

Example: The owner is fully responsible for the quality, design and construction of the house if the contractor did a perfect job.

Thus, I am wholly responsible for God's creation, which I experience. The life as I experience is the result of my decision to use my accumulated balance of results (of my actions) to fulfill my desire.

Validation of the facts:

Based on the information from the Scriptures, we need to re-examine the facts with which we started this investigation.

Modified Fact 1: We exist eternally. We are not part of the creation.

Modified Fact 2: Our sense organs and our body/mind is part of the creation.

Modified Hypothesis: The world around me is an illusion. [This cannot be validated because the mind which is supposed to validate is part of the illusion. Therefore, we need to proceed with our investigation assuming that this is a fact. Then we need to analyze the implication of the facts. By validating the implications we can either deduce or dismiss the modified hypothesis. If the implications are correct then world has to be an illusion. Else, it is not.]

**Statement 9:** The world around me is custom made for me by God.

The universe is created by God according to the specifications given by the living beings.

God creates the universe consisting of inert matter using the matter dominant part of AEM.

Then the proportion of matter component is reduced progressively and the proportion of energy component is increased correspondingly resulting in various forms of life forms. Unlike the matter component, the energy component has the power to reflect the consciousness aspect of ONE.

Example: Universe is like a flat in an apartment complex. The living space in the apartment complex represent the living beings and the bricks/roof etc are represent the inert objects in the universe

There are four types of living beings in the world.

Depending on the quantum of the energy component, the life forms are classified as follows:

Earth born living beings (Plant kingdom)

[Only Physical and Physiological Layers are active.]

Moisture born living beings (Fungus/ virus etc)

[Physical and Physiological Layers are active. Initial stage of development of Psychological Layer]

Egg born living beings (Birds)

[Physical, Physiological and Psychological Layers are active]

Womb born living beings (Mammals)

[Physical, Physiological and Psychological Layers are active. Intelligence Layer is in the various stages of development among the various species. In human beings Intelligence Layer is fully active at six different levels of intelligence (details in the Module E)

Thus, my physical body is inert matter created by God for my use. I start using this physical body and due to my Delusion, I forget my real nature and assume that I am the body.



**Statement 10:** I am ONE but I am deluded.

Due to the Delusion, I believe that I am made up of three components

My real nature is ONE (This is the substratum of everything in the creation including God, living beings and all the inert objects in the world.). However, due to Delusion, I see myself as a constitution of the following THREE components:

1. Physical Body (This component is used just for one lifetime).
2. Subtle Body (This can reflect ONE. All the living beings in the world have a subtle body that is created through the energy dominant illusion of ONE)
3. Reflection of ONE in the Subtle Body [The reflection is not independent of the reflecting medium (Subtle Body) and the original (ONE).]

When we say 'the soul is departed', we mean that the 2<sup>nd</sup> and 3<sup>rd</sup> components (Subtle Body together with the Reflection of ONE) have left the physical body. ONE does not 'leave' on death because it is not limited by time, space and object.

It is not possible to separate the reflecting medium and the reflection. Moreover, reflection presupposes the presence of the original. Since original is always present and the reflection appears (for perception) as and when the reflecting medium is functional, we see living beings only when the subtle body is housed in a physical body.

The illusion has two powers: Projection and Shielding. Using the first power, God creates the universe. With the second power, the presence of ONE is shielded and makes me believe that I am a combination of Physical body and life. Unless I am taught systematically, I will never know that I am ONE.

Example: If a cat sees itself on the mirror it will think that it is another cat. This is because the cat is not intelligent enough to know that the reflection is not real. Similarly, human beings, without proper education, assume the reflection of ONE is real. Therefore, we see multiple living beings (reflections) and do not see the original ONE, which is non-dual.

While ONE is the absolute reality, the Subtle Body/ Reflection belong to a lower order of reality.

**Statement 11:** I am living in a world that is created by me.

God created the world exactly according to my specification. However, I do not live in it. Instead, I have created my own world and live in it.

Example: The owner asks the contractor to build a house according to the given specifications. When the contractor hands over the professionally constructed house (as per specification), the owner makes amateurish alterations to the house and starts complaining of poor construction for which God is not at all responsible.

This is further explained with the following facts.

**Statement 12:** The basis for our creation is the world created by God.

We are living in a world, created entirely by us. However, the basis for this creation is God's creation.

Example: The mobile phone we build is ours. Nevertheless, it is used only with the ears and mouth provided by God. Similarly, for all our creation we need a foundation, which is provided by God. (This example is to stress the point of the dependence on God's creation. In fact even the mobile phone is not our creation as explained under the next fact)

In other words, all our creations are additions that are superimposed on the God's creation, just like a false ceiling under the real roofing.

**Statement 13:** Nothing that we see in this world is created by us.

We have a mistaken notion of God's creation. Everything in this world is created by God but we claim it to be our creation.

Example: The house we build is not our creation. It is entirely God's creation. Can we name a single material (that is used in the construction) which is fully created by us and not come from God's creation? All the materials that are used for construction are sourced from God's creation either directly or indirectly.

We have just given a form by putting together the building materials and named it as house. We did not create anything at all.

Even the brainpower and the muscle power behind the construction of house belong to God. Our entire physical body is a modified form of food provided by God.

Thus, even the spider's web cannot have status of spider's creation since the web is a modified form of food that is consumed by the spider. The food that the spider consumes is part of God's creation.

Thus, all the objects that we see around whether manmade or otherwise belong to God's creation.

This can also be proved by considering the fact that man himself is a creation of God and therefore whatever he creates is God's creation.

**Statement 14:** We have mistaken notion on the ownership.

We mistake our creation as God's creation and claim God's creation as our own.

Example 1: "I have two grounds of land in the village". The land is part of God's creation but we claim it to be 'mine'.

Example 2: We say "God has created good and evil in the world". This is our own creation but we impose it on God.

**Statement 15:** The world that is created by me is made up of thoughts.

Whatever we can point out and say 'THIS' is a creation of God. If we accept God's creation as it is, we will not have any problem in the world and every one can live joyfully forever. Unfortunately we create an imaginary world and superimpose it on God's creation as detailed below.

Our world is made up of thoughts.

### **Process of building our thought-world**

Step 1: There is a pot in front of me (God's creation)

Step 2: I generate a thought and send it to the pot through my eyes

Step 3: The thought, after covering the pot travels back to my mind

Step 4: Then the thought creates a three dimensional form of the pot in my mind.

Step 5: Now I have knowledge of pot.

[This process as detailed above contradicts what is described by modern science. According to scientists light hits the object, gets reflected and enters the eyes and forms an image on the retina etc.

This can easily be proved wrong since we do not see everything that is in front of us but see only what we want to see. Our mind is the primary instrument of perception, which needs to send the thoughts out through the sense organs to perceive any object. Perception is never initiated by the object or the sense organs or light. It is initiated only by the mind.]

The pot, which is made of clay, is God's creation. It is a clay-pot.

The pot, which is made of thoughts, is my creation. It is a thought-pot.

There will always be difference between the clay-pot and the thought-pot, although ideally both are supposed to be the same. This is explained by two examples

Example 1: A metal doll is made using a mold. The internal space in the mold determines the shape of the doll. Our thought object is similar to the doll. The mold is our creation. The metal is made by God's creation. An object outside is God's creation. The corresponding thought object in our mind is molded according to the shape of the mold. Both these objects will never be identical because our biased preferences are the mold which always distorts the fact.

Example 2: A candle light lit in a dark enclosed place reveals a form in the shape of the enclosed space. If the size and shape of the enclosed space is different, the form revealed by the light from the same candle will be different.

Similarly, the God-created-object which exists outside creates varied and different thought-objects in the minds of different people according to the preferences and knowledge (molds) that is already present in the mind of the perceiver. Since the mold of each person differs thought-object also differs.

Thus through the process as explained above, we create a thought-pot (my creation) which approximately corresponds to the clay pot (God's creation). And the thought-pot which is in my mind is perceived only by me and not by anyone else.

I create the entire world in my mind as thoughts, the basis for which is God's creation.

Example: In New York, there is a place called China Town. Although very similar, it is not China.

Our five senses act like a synchronized camera that records all the five sensations that we experience from the world continuously and build a thought-world in our mind. Although very similar, it is not the real world created by God.

How big and vast my thought-world is, depends on my intelligence and exposure. If I am well read and have traveled widely, my world is much bigger than that of an illiterate person who has never left his village.

**Statement 16:** Each human being creates his own version of the world.

The process of gaining the knowledge as described above will not vary whether we gain wrong knowledge or right knowledge.

Example: There is a rope (God's creation). One person sees it as rope and another sees it as snake. **Both are man's creation.**

Thus, each person creates his own version of the world, which is made up of his thoughts. It includes right/ wrong knowledge, dreams, imagination, remembering the past or planning the future. In short, all thoughts are man's creation.

The clay pot (God's creation) is one. However, the corresponding thought-pots that are created in the minds of the people are many and each thought-pot widely differs from the other. Similarly, each one of us is carrying our own version of the world and obviously, there are wide differences among the views.

The image we create on seeing the object is identical to the image created by us either during dream or from imagination.

Example: Assume that there is no viewfinder in a video camera. To see any object it has to be displayed on the LCD screen. The images can come from the memory of the video camera or from the lens showing the live objects.

There is no difference whatsoever between the two sets of images. By looking at the LCD screen alone, one cannot say whether it is displaying the real live objects or replaying the earlier recordings.

Technically, there is a difference based on the source. If it is previously recorded, it is called 'from the memory' else, it is live or online.

When we perceive the objects of the world, ideally we should be seeing the world live or online mode. However, this does not happen for most of us, since we do not have the knowledge from the scriptures. Most of the time, we see the recording and seldom see the live object/ event.

Whenever anyone refers to the object, they are referring to the thought-object in their mind and NOT the real object created by God. The person to whom the communication is made recognizes the object, which is in his mind, and NOT the real object.

Thus, every one of us is carrying our own version of the world. When we interact with each other, if these versions coincide then we call that 'effective communication' and if they do not, we refer it as a case of misunderstanding.

Example: Assume that everyone is watching an event only through their own video camera and each one is carrying different models/ brands of the camera. If the image formed in various cameras are with different color settings (more of red or blue etc) then each one is seeing reality differently.

This means each one of us is experiencing the reality around us through our own colored preferences as explained by the next statement.

**Statement 17:** My version of the world is colored by my preferences.

All of us are wearing colored spectacles. Although the object we see (which is God's creation) is identical, each one sees it differently.

Example: Four office-colleagues go to a new place for a picnic  
One likes the place and wants to spend a couple of days there  
The second says that the place is nice but not worth staying over  
The third says the place is just like any other place nothing new  
The fourth can't stand the place and wants to get back immediately

The place (creation of God) is identical but each person reacts in different way. One kilogram of rice is one kilogram of rice to everyone in the world. But a poor person will be very glad to get it and a rich person does not attach much value.

Similarly, the cost/ shape/ size of a medal/ cup is identical to everyone in the world but it creates different emotions in the minds of the winner, runner up and the person who did not participate in the competition.

Thus, it is clear that the God's creation is seen differently by each one of us since we see it through colored eyes. This is explained further using a different example.

Example: There are four men jogging in a circular park early in the morning. There was a gold coin lying on the path and no one noticed it due to darkness. When the sun came out, all four of them could see it almost at the same time but one of them picked it up.

The gold coin is God's creation

The gold coin made up of happy thoughts is the creation of the man who picked it up. Even ten years later, he will fondly recall this incident and feel happy whenever/ wherever he was reminded about the gold coin.

The gold coin made up of thoughts with jealousy belongs to another man who curses himself not picking it up earlier. He begins to hate the person who picked it up.

The gold coin made up of thoughts with anger and hatred in the mind of another man. From that moment, he will start avoiding the thoughts of gold coin since it brings only pain in his mind.

The fourth person is indifferent. He does not care for the gold coin so he remains unaffected by the event. God created the gold coin but has not given any value to it. Only human beings have created a 'valuable gold coin'.

Thus while God has created one gold coin, there are four different gold coins created in the minds of four people. If there is a desire for the gold coin it creates a memorable (either positive or negative) emotion. If there is no desire for it then one is indifferent to it.

Gold coin is an inert object. Therefore, we can easily understand that the differences in the minds of the four people are only due to their own creation. But the fact remains same even with living beings.

Instead of gold coin, if they find a dog, one (who is an animal lover) will want to take to as his pet dog, one (who is bitten by a dog before) will hate it, one (who does not care much about animals) will avoid it and the other may be indifferent. The creation (dog's image) in their mind has no relevance to God's creation (real dog). The real dog is in no way responsible for the varying images it has created in the minds of the people.

The situation is identical even if they find a beautiful young girl sleeping on a bench. Only the girl is God's creation. Young, beautiful are all man's creation. The varying thoughts in the minds of the people have no relevance to the girl. Even if the girl smiles at one of them, she is not responsible in any way for the varying images in the minds of the four men.

The image of the world one carrying in the mind is entirely his creation. No object in the outside world - including other human beings – has any role in creating the thought-world in someone's mind.



**Statement 18:** God's creation is not responsible for my creation.

Although it is true that man himself is a creation of God, God is not responsible for man's creation. Man has free will to do or not to do an action. This free will is not under the control of anyone.

God has created many objects in the world. I select some of them for my use and thereby I attach more value to the selected set.

Example: A father takes a 5-year-old son for shopping. There are many toys in the shop. All of them are God's creation. The child looks around and selects a particular toy. God does not interfere in the selection of toy. The child selects based on his likes and dislikes. Once the selection is made, the child develops an attachment to the toy. This attachment is man's creation. He says, "Dad, I want this". Now the father looks at the price tag and he develops an aversion to the toy (if it is beyond his budget). This aversion is man's creation.

Both the father and the child have created their own version of a single toy out of the hundreds of the toys displayed in the shop.

Similarly, God has created many different varieties of living beings (Animals, birds, fish, plants etc). However, I select some specific species out of them and convert them as my food. I develop attachment to the chosen set, which is my own creation. God is not responsible for my selection or for my creation.

Thus, my creation is a subset of God's creation and at the same time my creation is not influenced by God's creation in anyway.

God has created the world using the illusion, which is neutral and impartial.

I have created my own version of the world using my mind, which is deluded. (I have thoughts of likes/ dislikes, attachment/ aversion etc)

My mind is powered by me. I have absolute power to create a world of my choice. It is entirely up to me to create a world full of good and innocent people or villains and wicked people.

God has just created man. Perceiving them as good/bad is my creation.

Therefore, the entire God's creation is innocent. I have created the world in which I am living. If it is good and enjoyable, it is my creation. If it is bad and miserable, still it is my creation. Thus, I have created my own world, which is founded on God's creation, but God is not responsible for my creation.

## **Lesson 10: I am responsible for my creation.**

**Session: D14**

**Statement 19:** Social/ political/ economical/ religious environment is also my creation.

Once I absolve God from the responsibility of my sufferings, the general tendency is to assume that the society or government is responsible for it.

This is also not true.

I am responsible for everything. Human beings live in a community. Evolution of social/ political/ economical/ religious environment is incidental to the group behavior and cannot be avoided. Such systems will shape up depending on the intelligence level of the people who constitute the group.

In a group of animals the difference between the individual members are determined by physical strength established through one to one combat. Unfortunately, it is difficult to identify the difference between the individual members in a human society. It was determined based on physical strength during Stone Age. However, in modern times, the difference is only in the level of intelligence and this cannot be established in any conventional way.

Therefore, the social/ political/ economical/ religious environment is largely determined by the average level of intelligence of the group. As a result, it can never be perfect but it is a part of God's creation.

We have options to select where we want to live in this world. In addition, how we view, the social/ political/ economical/ religious environment is our creation.

We are responsible for the creation of thoughts about the social/ political/ economical/ religious environment. We need to live in this environment appropriately without ever getting affected.

Example: The nature of scorpion is to sting. That is God's creation. If I try to catch it, I might get hurt. It is my choice whether to avoid it carefully or play with it. I am fully responsible for the result.

Similarly, God has created an innocent world. Moreover, it remains innocent except in the case of human beings.

A woman is God's creation. Seeing her as a daughter/ wife/ mother/ sister etc is man's creation. The woman remains absolutely same but the father/ husband/ son/ brother looks at her differently.

It is man's creation to claim 'this is mine'.

It is my choice whether I get upset with the behavior of the people around me or recognize the Delusion of the people around and live peacefully.

God cannot control the free will of the human being because both the God and the human beings are reflections of the same ONE.

Due to Delusion each human being is building a world of his own. Each human being is also responsible for evolving a social/ political/ economic/ religious structure around them. It is up to me to deal with this reality.

I can also continue to be ignorant and be part of these structures and live like everyone else. Or wake up to the reality and recognize the existence of the individual world in the minds of each one.

If I give reality to the social/ political/ economic/ religious structure around me then it is my creation. I cannot blame the society or government for my Delusion.

Example: People get married and beget children. Then they cry that their own children are the source of their problem.

Thus if we suffer due to social/ political/ economic/ religious structure around me it is my own creation.

Thus, I am fully responsible for all my miseries. I can blame neither God nor the environment for my suffering.

**Question: If I have the complete authority to create my world, why am I not doing a good job?**

We have seen that God/Society/ government are not responsible for my creation.

Then why is it I am creating this world around me, which is mixed with sorrow and pain? Why I cannot create a world, which is like a paradise with only happiness all the time?

**Answer:** Your past actions AND your current preferences determine the quality of your creation.

You have designed the world around you in exactly the way you have wanted it to be. However, you have forgotten your past actions.

Example: You go to a restaurant and order a plate of Idly. When you see the person on the next table is served with ghee dosa and you are getting a plate of Idly, you cannot exclaim why there is a difference in service. Each one gets what they ordered.

Similarly, in your past lives you have done many actions – good and bad – the result of which is appearing before you as your world.

Life is like a buffet spread. The quality and the variety depend on your affordability. If you have earned enough due to your good actions in the past, you will be presented with appropriate options.

Out of the many items presented to you, what items you select is according to your current preferences. If you are a type of person who will not try new items (God has not made you like that) you might miss some interesting items on a buffet.

Your current preferences are your likes/dislikes accumulated over many past births and cultivated in the current birth.

**Actions:** Whatever you think, you talk and you do will amount to your actions.

Actions are classified as good actions and bad actions. Every one of us inherently knows what is good and bad.

**Preferences:** Repeated actions lead to formation of a habit. Habit determines what we like and what we dislike. These are our preferences.

Thus, your creation depends on your past actions and your current preferences.

**Question: Looks like I am totally controlled. How can I then be responsible for my creation?**

Answer: Your past actions determine your current options. Therefore, it is clear that your current actions will determine your future options.

Secondly, the past actions determine only what is offered to you. However, you have complete control over what you select. Your current preferences could be controlled fully by you.

Example: What is displayed in a buffet is the result of your past actions. However, what you select out of it is entirely up to you. You may like fried potato and hate green salad. Still you may decide to eat only healthy food. It is completely under your control.

If you start eating green salad and stop eating fried potato, your preferences will be changed. Within couple of years, you will find that you like green salad and hate fried potato.

Both fried potato and green salad are God's creation. They are innocent. There is nothing wrong with fried potato. If your body is not able to digest, it is up to you not to eat it.

Thus, the current actions will define your preferences. You have full control over your current actions. As a result, you completely determine your future options and the preferences.

Thus, you are fully responsible for the world created by you. If you are not happy about the world you have created, you have complete control and authority to redefine it the way you want it.

If you create an image of fried potato as a tasteful / enjoyable diet it will give you sorrow whether you eat it or not. (Eating will spoil your health. Not eating will make you disappointed) Instead, if you create an image of fried potato as rich carbohydrate stuff you will ignore it in the buffet.

God's creations are innocent. You have choice on how to convert that into your creation.

Example: You are watching a politician talking non-sense in the TV news. (This is God's creation). If you take it seriously, your blood pressure will go up. Instead, if you take him to be a joker you will have a hearty laugh. (You have a choice in your creation)

Thus, you can get upset, remain unaffected, or even have fun depending on how you create your world.

## **Question: What is the nature of the world created by me?**

Answer:

Firstly, it should be understood that it is not possible to enjoy God's creation unless one creates one's own world. That is creating our own world is not a crime. In fact, it cannot be avoided.

Revelation goes with pervasion. Unless the objects created by God, is pervaded by thoughts, we cannot perceive the world. Even animals do this. Nevertheless, they do not attach frills and other add-ons. They simply create a world exactly the way it is created by God. Human beings make alterations.

Example: A doll is made by pouring molten metal inside the mold. Similarly, man's world is created by pouring the thoughts into the objects (created by the God). However, unlike the normal mold, God's creation is continuously being modified. As result, we need to break the frozen thoughts (fixed ideas) and remake them into the changed mold. However efficient this process is there will always be a gap between God's creation and man's creation.

In case of animals, it is easy for them to melt the doll repeatedly and remake it according to the changing mold. In case of human being it is difficult to change fixed ideas. As a result, the dolls made out of the changed mold are not perfect.

For a cow, the green grass (God's creation) and the thought-grass (cow's creation) are identical. For a man, the thought-grass (man's creation) is different from the green grass (God's creation) because he has his own ideas about it.

God's mind is illusion using which he creates the world. Man's mind is deluded, using which he creates his own world. Both God and man are powered by the same ONE.

While change in the God's creation is natural, the changes in the man's creation depend on his mental maturity.

The balloon was very valuable to the child. When he grows up it is no longer valuable.

God's world always exists in the present. God has not invented time. Time is man's creation. Past and future are man's creation.

World is continuously changing to provide appropriate experiences to living beings. Since human beings do not have the knowledge of their past deeds it appears to be unpredictable.

**Unit 02    Problems with the Second Creation**

**Number of Sessions: 3  
(19 to 21)**

**Number of Lessons 2  
(12 to 13)**

On completion of this Unit, the student will be able to

- (h) Identify the source of all our problems in the world
- (i) Necessity of both the creations

**Notes to the teacher:**

Students may be encouraged to compare daydreaming with the second creation of man.

Most people will refuse to believe that what we think is more important than what is 'real'. This wrong conclusion should be removed prior to proceeding to the next unit.

**Unit Test:**

**Session D21**

22. Give two proofs to show that our own creation is the only cause of our misery and not the God's creation. (Lesson 12)

**Statement 20:** I am responsible for all my problems.

We have seen two creations

God's creation (Universe)

My creation (Thought-image of the visible universe)

God's creation does not affect me in any way. All my problems in life are only due to my creation.

This is proved by P/A Test. (Presence/ Absence Test)

Proof 1: In ONLY God's creation, one is joyful.

1. This happens in deep sleep. The world exists (as created by God) and my creation does not exist while I am in deep sleep. I had a sound peaceful sleep.
2. This happens in deep meditation. The people who are capable of going into trance tell me that they are able to stop the flow of thoughts in the mind for a while. During that time the God's creation is very much there. And the man's creation is fully absent. And they tell me they were peaceful without any worries.
3. This also happens in the normal life of wise men. Those who have completed this analysis and found the true knowledge tell me that their life is joyful and the world as created by God does not affect them at all.

Proof 2: I suffer ONLY in my own creation

1. This happens when I am anxious about the future. God's creation is available only in the present. There is no way anyone can predict the future. Still I am anxious about the future and suffer. (For example my son has not come back from school and I assume either there was an accident or someone kidnapped him and I suffer)
2. This happens when I feel guilty about the past. God's creation exists only in the present. However, my picture of the past makes me suffer thinking about what I should I have done/ could have done and the damage caused to my image in the minds of others.
3. My dream is entirely my creation and the God's creation is totally absent. During my dream I become happy and sad depending on the events in my dream.



Thus from the above two proofs it is clear that,

Whenever I am sad, I am living in my creation

Whenever I am in God's creation, I am joyful and do not feel any sadness

My creation is the source of my sorrow. And God's creation is totally innocent.

Example: About 300 years back, Raman and Soman left their village and went to a far off city to earn money. After about two years there was a traveler from the city passing through the village. The wives of Raman and Soman met him and asked if he knows Raman/ Soman and enquired about their welfare. The traveler said "They made lots of money. Raman is planning to return to the village shortly but Soman has unfortunately died in an accident".

However, the traveler did not know them too well and therefore inadvertently he had switched the names of Raman and Soman

God's creation: Raman is dead. Soman is rich.

Man's creation: The widow of Raman started celebrating the good news and spending all their money. The wife of Soman is mourning the death.

Both the happiness and the sorrow has no relevance to the God's creation

Thus, it is proved that God's creation does not affect the life of men in any way. It can be argued that as and when the respective families come to know the truth the emotions will become opposite. This may not happen. Who knows what will happen in the future? Soman might decide to settle down in the city with a new wife. Raman's share of wealth might reach his family through a well wisher.

**Statement 21:** External objects, events or persons can never be the cause of my problems/ sorrow.

Without adequate thinking, we had wrongly assumed that all our miseries in life are caused by persons, objects and events belonging to the world created by God. This wrong assumption is due to inadequate application of P/A Test.

Example: While getting ready to leave for the school my three year old son cries. Therefore, I conclude that the school is the reason for my son's sorrow. Solution: No more school to my son!

This is a hasty conclusion. May be he cries because the school shoe is very tight! In order to find out why he cries we need to extensively analyze the problem then we will find the true source of problem.

Thus if we apply a rigorous P/A test, we will know that every time we get upset, angry or depressed, we seem to wrongly conclude that the cause is external.

Unless the external world is converted as thoughts in my mind I cannot suffer. Therefore, if I suffer the cause is internal and never external. It cannot be argued that creation of thoughts is based on external thoughts.

Example: Many people fail in exams but only one or two commit suicide 'because' they failed in the exam.

How we create the thoughts in our mind determines whether we suffer or not.

**Statement 22:** I cannot and should not avoid both the creations.

God's creation is the basis or foundation for my creation.  
It is not possible to negate God's creation. Because it exists  
It is not possible to run away from God's creation because it is everywhere.  
It is not possible to perceive the God's creation unless I create my own thought-world that corresponds to the creation of God.

My creation is the only source of my problems. Nevertheless, it does not mean we should not create our own world. There is no such option.

The issue is how I create my thought-world. Due to my imperfect understanding of God's creation, I create my thought-world wrongly and end up in suffering.

Therefore, the solution is to understand the true nature of God's creation and create our own thought-world with that right perspective.

**Unit 03      Solution to the problem**

**Number of Sessions 9**

(22 to 30)

**Number of Lessons 4**

(14 to 17)

On completion of this Unit, the student will be able to

- (g) Break the Eternal Cycle of misery
- (h) Discuss the solution to the problem

**Notes to the teacher:**

This unit is important since the student will derive benefit by applying these solutions in the real life. The students should be asked to make individual presentation on the personal experience on how they are progressing towards Joyful Living. They should quote relevant portion of the text which appeals to them.

**Unit Test:**

**Session D30**

- |   |             |
|---|-------------|
| 15. What is the suggested three step solution?        | (Lesson 14) |
| 16. Describe the process of implementing the solution | (Lesson 15) |
| 17. List the cause-effect of Eternal Cycle            | (Lesson 16) |

**Statement 23:** The solution to my problems is in understanding God's creation.

Understanding the true nature of God's creation is a three-step process.

**Statement 24:** I need to Study the Scriptures under the guidance of a teacher

Step 1: Consistent and systematic study of the Scriptures under a competent guide for considerable length of time.

**Statement 25:** I need to reflect on the teaching and clear my doubts.

Step 2: Reflecting on the central theme of the Scriptures until the knowledge becomes strong without any shade of doubt.

**Statement 26:** I need to internalize my understanding through meditation

Step 3: Meditating on the true knowledge until the true knowledge is guiding me in creating my world.

God's creation is not the absolute reality. It is an illusion. Just as dream world belongs to a lower order of reality, the 'real' world also belongs to a lower order of reality in comparison with ONE. Once this knowledge guides me, I will not give undue reality to the God's world while creating my world.

Therefore, my world will always be devoid of any problems. I will not run after anything nor run away from anything in God's creation.

Example: If I know that the 'fresh grapes' in the drawing room are made out of plastic, I will not be tempted to eat it. Nor I will be disappointed that I am not able to eat it. On the other hand, if I continue to think that they are real, my mouth will start watering. I will be waiting for my host to offer them to me or I will make a fool of myself by attempting to eat it since I have an image of real thought-grapes (my creation) in my mind.

Thus, understanding the God's creation in the right perception helps me to create my world appropriately and therefore it will be devoid of any problems.

The suggested solution once implemented will enable us to progress through the following steps.

**Statement 27:** Understand that God's creation is an illusion.

As long as we give the status of absolute reality to God's creation, we will continue to create a wrong image of the universe in our mind leading to sufferings in life. Everything in the universe, including our body/mind, is part of the illusion. They do not really exist.

However, I exist for real. I am the only absolute reality.

Our body/mind complex interacts with the rest of the world in the relative reality.

It is not possible to prevent our body/mind complex from getting involved in life and interacting with the world, even if we understand that the world is an illusion. We will continue to live in the relative reality. The only thing that is possible is to avoid suffering and live joyfully.

In order to live joyfully in the relative reality we should critically analyze why we do what we do and see how our body/mind complex is the prisoner of the whole process.

Example: In a wild life reserve, the forest conservationists are monitoring the sustenance and growth of all the animals and plants. Compared to the animals in the cages, the animals in the reserve might feel that they are totally free. Nevertheless, the reality is that they are also living in a controlled environment.

Similarly, we might be under the impression that we are free to do whatever we want to do. Nevertheless, even what we want to do is fully controlled which can be understood by analyzing the interactions in the relative reality which are described in the following steps.

**Statement 28:** Be aware that the sense objects (including persons and events), which are parts of God's creation reaching us through our sense organs.

The only source of our knowledge is our five senses. No external object can make any impact on us until they enter into our mind through the sense organ. In addition, it needs to be converted as thoughts before it could affect us.

Example: I win \$ 1 million in a lottery. This event is of no consequence to me unless I come to know about it. I can know about it only by seeing/hearing the results AND then converting the information into appropriate thoughts.

I become happy AFTER I receive the news and convert it as knowledge and NOT when the results are announced.

No external object can have any direct impact on me unless it is converted as thoughts.

Example: Someone takes a knife and cuts my leg. This event will not have any impact on me unless I sense it or see it! If I am paralyzed and do not have any sense in my leg, the event will have no impact on me. I may even die if I do not see the blood draining from my body. Still the event will not affect me because I do not know what is happening.

Thus, the external world has to be first converted as my thoughts before it could have any effect on me.

**Statement 29:** The thoughts that are created based on the input received from the sense organs are colored.

Due to our accumulated preferences we like/ dislike or we are indifferent to what we come to know. We create thoughts in our mind in line with our preferences.

Example: We see a red rose. It is a God's creation. Nevertheless, it might trigger a thought "It is a beautiful rose" if you are so inclined. This is a colored thought.

All our thoughts are colored thoughts and we cannot help it.

In order to perceive a world (God's creation) we need to first convert it into a 'thought world' (our creation). The 'thought world' in our mind not only differs from the God's world but also from the 'thought world' in the minds of others.

All thought worlds are colored.

There is no way we can create a thought world that represents God's creation without any distortion because we have lots of accumulated knowledge and preferences stored in our memory.

**Statement 30:** Our knowledge is based on our thoughts and hence they are biased

We keep collecting thoughts continuously and the entire collection of thoughts represents our knowledge. Since the coloring of thoughts differs individual to individual, all of us have biased knowledge.

If one individual believes in something that is different from the majority, we tend to say his views are biased. If we analyze deeply it can be ascertained that no two individuals will ever have identical views about everything. There invariably is difference of opinion in some issue, which is the result of our biased knowledge.

Therefore, the views of every human being are always biased and no one can ever have an unbiased view of God's creation.

**Statement 31:** Our biased knowledge actually is wrong knowledge

It is not because the knowledge is biased that it is wrong. In general, most of us have wrong knowledge of the universe (God's creation).

Due to the power of the illusion, we convert the form into substance. Form is just a property of a substance. Substance has many properties like color, density, temperature and one of them is form.

Example: We ignorantly say, "Bangle weighs 20 grams". Bangle has no weight. It is just a form of gold. Only gold has weight. Gold is the substance that sustains the existence of any specific form (like bangle).

Similarly, the word 'Table' creates a thought of an object in our mind and wrongly constitutes the knowledge that 'table is a substance'. Table is just a form. Wood is the substance.

Therefore, the first mistake we do is giving the status of substance to a form.

The second mistake we do is assuming the substance must always be visible or perceivable. We forget that the visibility is just another property of the substance. There are substances, which are invisible. In order to believe this statement we ignorantly ask another question, "If I cannot see it, can I touch it?" Just like visibility, tangibility and every other way a substance becomes perceivable is a property. Logically it is quite possible that there is a substance, which is not perceivable to any of our five sense organs.

We are ignorant of this fact and commit the second mistake of not recognizing the existence of the real substance.

The entire creation of God is just a form. We mistake this to be a substance. The real substance which appears to us in the form of universe is ONE which has no property and therefore not perceivable through any of our five senses. Therefore, we do not acknowledge the existence of ONE.

Because of these two mistakes, the knowledge that we accumulate is fundamentally wrong.

We give the status of substance to whatever form we perceive and create our own world. While God's creation is just a form, we take that as a substance and create our world with real substances.

Secondly, the only substance that exists is ONE. We convert this substance as a property and treat that the world exists. The 'existence' is the nature of ONE and we wrongly transfer this 'IS' ness as a property of world and imagine that 'world exists', while in reality it is an illusion of forms. In our creation, it exists as real substance. This results in wrong knowledge.



**Statement 32:** Colored thoughts are converted as desires/ aversions.

Because of our wrong knowledge, thoughts are converted as desires (if we like the object/ person) or aversions (if we hate the object/ person). If we have the right knowledge that the objects do not really exist then we will not have any desires or aversions.

Since we have created a world of 'real' substances, we start desiring them.

Another proof that everyone in the world has biased knowledge is the variety in our likes/dislikes and views.

Example: Some students want to study medicine and become doctors. They are as biased as those students who do not want to become doctors.

There are many people who believe that Hitler was a great hero and his actions were commendable. The knowledge and beliefs of these people are as biased as the rest of us.

Thus, our biased knowledge gives rise to varied desires/ aversions.

**Statement 33:** Our desires/ aversions are the root cause of our action

The word 'action' includes what we think, what we say and what we do.

All our actions stem from our desires. We have a sense of incompleteness and we feel that we will reach fulfillment on obtaining the object of desire. Therefore, we are working towards it.

Since we are ignorant about our real nature of 'Ever witnessing joy' we chase worldly objects for security, peace and happiness. Since the worldly objects are just forms and do not have these qualities our search never ends. We keep chasing a mirage all the time.

When our desires are not fulfilled, we develop anger/ hatred/ jealousy and all such negative emotions. Even when our desires are fulfilled, since they do not give us fulfillment and everlasting joy we become greedy. We desire more and more hoping that one day, we will reach the destination. This will lead us to more action in the wrong direction.

Our actions become more intent as we progress in the wild goose search.

Example: When we get a promotion in our work place, we work harder for the next promotion. If we do not get the promotion, we try harder to get a better job elsewhere.

As one progress in life, the race will become more intense. Everyone will envy his neighbors and counterparts who are equally jealous of someone higher up. There will be an air of mistrust and people will start working in unethical and immoral ways to reach the destination.

Thus, because of our biased wrong knowledge we do more intense/ fierce action.

**Statement 34:** Repeated actions lead to habits.

Whatever we think/ talk/ do repeatedly, will become our habits without our conscious knowledge. Moreover, it will be difficult to come out of our habits.

Example: If you start drinking coffee, just because it is offered free of cost at the work place it will become a habit and you will not be able to work without drinking coffee.

Once such habits are formed, we will get involved in action without the actual desire driving us to do action. Our day-to-day activities are not the result of any specific desire. We go to work, eat and watch TV etc because they are our habits. New desires when converted into repeated action will become our daily routine. Thus, our desires are perpetuated into action by becoming habits.

Thus, we continuously work harder in search of our elusive goal. We do not even take a break to reflect on the rat race that is going on all around. We continuously get involved in action and form fixed habits.

**Statement 35:** Our habits determine our personality.

What we think, what we say, what we do, what we believe, what we like/ dislike, what books we read, which friends we share our views with and how we view the society determines our personality.

I am what I am today because of what I did in the past.

As we progress in our life, our personality becomes stronger.

**Statement 36:** Our personality (which includes our preferences) will color our thoughts

The cycle is completed when the habit lead to reinforcement of our preferences. So we are attached to more objects, desire more of them, get into more action chasing them and the result is more misery.

We can get freedom from the Eternal Cycle if the Cycle is understood.

Sense organs perceive the world

Thoughts are created in our mind

Thoughts become desires

Desires lead us to act

Repeated action forms a habit

Habit sets our preferences

Preferences color our thoughts

Colored thoughts give us wrong knowledge

Wrong knowledge lead to further desires

Desire leads to further action for getting the object of desire

We will be craving for the object, life will be miserable until we get it.

There will be anxiety and stress about the future.

Our behavior will be disgusting but we may not be aware of it

Minor provocation will lead us to get irritated or short-tempered

We will have suspicion that anyone becoming an obstacle

Any obstacle to our progress will create anger

Any shortfall/ shortcoming in the result will give us displeasure

If our opponents get what we want, we will develop animosity

Wish to take revenge against those who caused failure (Vengeance)

Failure without reason will lead to frustration/ shame/ disappointment

If obtained through unethical way there will be feeling of guilty

If not obtained because of sticking to ethics, there will be a guilty feeling

After getting there will be a fear of losing

After losing, there will be grief

After getting there will be worry of maintenance/ sustenance

Getting the objects will make our preferences stronger and aim for higher and bigger desires. Until one fails in the attempt, the desire will keep increasing.

Thus, either getting or not getting the object of desire will lead to misery.

There is only one exit out of this eternal cycle.

The exit is, understanding the true nature of the world. If we know that the world cannot give us support or fulfill our real requirements then we will stop desiring. Then we can free ourselves from this eternal cycle. Once we achieve this the world will no longer affect us.

Example: A child will be very happy to get a balloon. You can share the happiness by congratulating the child and appreciating its good fortune. Of course you know that the balloon is worthless and cannot give you any happiness.

Similarly, the whole world consisting of ignorant people are behaving like the child and getting false happiness from the objects (Name, fame, wealth, education etc) of the world. You can join the fun by congratulating them. Of course you know that these will never give lasting happiness. You will not be thrilled even if you acquire any of these.

The advantage of this mental balance is that you will not be hurt when the balloon bursts.

Thus, the world (God's creation) will become a source of entertainment. If we lean on the world for support then we will be disappointed because by nature the forms will get deformed!

It is an art to get involved in the worldly affairs purely for entertainment without ever becoming dependent on it. As long as wealth, relationships and other comforts in life are available to us, we can enjoy. However, when they disappear nothing is lost. When a TV show gets over life does not end.

This understanding will solve all the problems of the world. If there are problems in life it only means that there is a problem in our understanding and we need to correct our mind in order to reach a totally problem free life. There is nothing to be done externally. A problem free world cannot be brought about by attempting to change the world.

We have seen two creations

God's creation (Universe)

Our creation (Thought-image of the visible universe)

God's creation does not affect us in any way. All our problems in life are due to our own creation.

Therefore, the solution lies in creating our universe with proper understanding of the God's creation.

If we build our world with the assumption that the God's creation is real then we will be caught in the misery.

If we build our world, with the truth that the God's creation is an illusion then we will be free of all the problems and life will be one long entertainment.

It does not matter what we see (and experience). What matters is how we see (and experience).

We need to see God's creation without superimposing our own creation on it.

If we can do this, the world will be a place of everlasting entertainment without any suffering.

**Unit 04    Benefits of understanding TWO creations    Number of Sessions 3**  
(31 to 33)  
**Number of Lessons 2**  
(18 to 19)

On completion of this Unit, the student will be able to

- (a) Identify the Long term and Short term benefits of the knowledge
- (b) Progressively gain joyful living

**Notes to the teacher:**

Students should not be allowed to conclude the module with a feeling of vacuum. Normally after negating the world as illusion, it may be felt that nothing is remaining. Care should be taken to emphasize that the Joyful Living involves enjoying every moment of life.

If any student has any reservation, he should be encouraged to reveal the same in the class as it will benefit everyone.

**Unit Test:**

**Session D33**

- 1. Describe the Long-Term Benefits (Lesson 18)
- 2. Describe the Short-Term Benefits (Lesson 19)

Our investigation on creation has successfully ended with the following understanding.

- All our actions are classified as good, bad and neutral
  - Good actions are those which we do to help others
  - Bad actions are those which hurts others physically or mentally
  - Neutral actions are those that does not affect others in anyway
- Good and bad actions will give us corresponding good and bad results
- The current status of our life is purely the result of the cumulative good and bad actions done by us in the past.
- During the deep sleep, this cause-effect cycle is put on hold. We wake up from deep sleep when it is time to enjoy the fruits of our actions
- When we get up in the morning, we are presented with the events, objects and persons as result of our past actions. This continues until we go back to deep sleep.
- We convert the events, objects and persons as thoughts and enjoy or suffer.
- Thus, both the enjoyment and suffering comes ONLY though our thoughts.
- It is not possible to control the events or behavior of persons. However, if we understand the whole process we can choose to ignore the bad results thereby ensuring joyful living in every moment of our life.

Example 1: You get involved in a minor road accident. It is immaterial who caused the accident. You are involved in the accident purely because of your past actions. It is no use cursing others or yourself. You need to do necessary actions to salvage the situation according to the best of your ability without doing any bad actions.

Example 2: You might suffer a loss (minor or major) due to a communication gap. It does not matter who is at fault. According to your fructifying results of your past actions, you are supposed to face such situation. Choosing to suffer due to the loss or ignoring that as an illusion is our choice.

In both these examples while one is deeply involved, chances are quite bright that one forgets that the world is an illusion. Even while going through such difficult moments if one is aware of the only reality, it is possible to life joyfully.

There is nothing but ONE. The world is a form that is superimposed on the only real substance, ONE. We perceive the form as a substance and create our own world, which is the only reason for all our sufferings in life.

Once we understand this, we will not desire for name, fame, power, position, property, awards, rewards, relationships, social status. Such desire will exist so far we are ignorant of the true nature of the world. If we know that the world is just a form, which is not stable, we will not have any desires.

We will continue to function in the world earning wealth, name, fame etc but not with the view to derive any security/ peace / happiness from them. They are for entertainment and for providing comforts in the illusory world. All our actions will be devoid of any desires.

The greatest advantage of such desire less action is avoidance of all the negative emotions

- No disappointment because we do not have any expectations.
- No anxiety because we are not concerned about the future.
- No worry because we do not wish any specific results.
- No anger because nothing can obstruct our goal (There is no goal).
- No jealousy because we know others do not gain any happiness from their possessions.
- No attachment with anyone/ any object because we know that they are not permanent and more importantly that they are not the source of happiness.
- No greediness because there is nothing to gain from material possessions.
- No miserliness. Willing to share and help others since we know that essentially, everyone is the very same ONE.
- No competition at all because everyone is carrying the winner's trophy with them from the commencement of the race.
- No ill feeling against anyone because everyone is climbing towards the same ultimate goal of finding out that they are carrying the winner's trophy.
- Total acceptance of everyone as they are. Because the differences among the people are natural. (Both 8 year old and 13 year old are considered normal although their behavior is not same.)
- Loving kindness to everyone around since all are colleagues in the same game.

Thus, one will start living joyfully once this knowledge is gained.



# Module: E

## Understanding Four Sayings

### **Contents:**

Unit 01 Nature and pursuit of living beings

Unit 02 Classification of living beings

Unit 03 Activity Based Learning

Unit 04 Role of religion/ Holy Scriptures

Unit 05 Benefits of learning

UNITS	LESSONS	STATEMENTS	Session	Page No
01	Nature and pursuit of living beings (5.1 – 5.8)			222
	01	Introduction to intelligence	E01	223
	02	Introduction to the levels of intelligence	E02	224
		<b>01</b> Comprehension depends on levels of intelligence		224
		<b>02</b> Levels of intelligence varies		224
		<b>03</b> Variation in intelligence level starts from birth		224
		<b>04</b> Intelligence is a function of learning		224
		<b>05</b> Learning happens in many births		225
		<b>06</b> Current variation in intelligence level is the result of accumulated learning in the innumerable previous births.		225
		<b>07</b> It is not possible to increase the level of intelligence significantly within one lifetime.		225
		<b>08</b> Preferences guide the application of intelligence.		225
	03	Eternal Questions	E03/04	226
		<b>09</b> One of the eternal questions is “Who is God?”		226
		<b>10</b> Many know the correct and only answers to Eternal Questions.		227
		<b>11</b> Answers to the Eternal Questions varies according to the level of intelligence.		227
		<b>12</b> Holy Scriptures reveal the answers to the Eternal Questions.		227
		<b>13</b> All the religions reveal the same truth.		228
		<b>14</b> The apparent differences between religions are due to the differences in the intelligence level of people.		228
		<b>15</b> The Holy Scriptures of all the religions are meant for guiding human beings belonging to all the varied levels of intelligence.		228
	04	Practical – How to identify the right answers for the Eternal Question	E05/06	229
	05	Human pursuits	E07/08	231
		<b>16</b> All living beings want to be immortal.		231
		<b>17</b> All living beings want to be happy all the time.		231
		<b>18</b> All living beings want to become more intelligent		231
		<b>19</b> Progressing to higher order of intelligence is the only purpose.		231
UNIT TEST			E09	222

UNITS	LESSONS	STATEMENTS	Session	Page No
02 Classification of living beings				232
	06 Basis of the classification		E10	233
		<b>20</b> All living beings are classified into SIX groups based on the level of intelligence.		233
		<b>21</b> The purpose of classification is to offer help to everyone for progressing in life.		233
		<b>22</b> People with higher-level of intelligence should help others.		234
		<b>23</b> People with lower level of intelligence may not acknowledge the presence of people with higher level of intelligence.		234
	07 Multiple versions of truth		E11	235
		<b>24</b> The truth cannot be determined democratically.		235
		<b>25</b> Since the level of intelligence determines the comprehension of the truth, only few in the world can comprehend it.		235
		<b>26</b> The reason for the existence of multiple versions of truth is due to the varying degree of intelligence among the followers.		236
	08 Intelligence Level 0: No individuality		E12	237
		<b>27</b> All the living beings other than human beings are in this level.		237
		<b>28</b> The unique feature is absence of doership.		237
		<b>29</b> Animals are instinct driven and not intelligent driven.		237
	09 Intelligence Level 1: No dependence		E13	238
		<b>30</b> Human beings with the least level of intelligence are in this level		238
		<b>31</b> The unique feature is the presence of Self-Consciousness		238
		<b>32</b> Presence of Personal Preference among human beings		238
		<b>33</b> There are no specific goals in life		238
		<b>34</b> Any sign of aspiration in life signify the readiness of a person to move up to the next level.		239
	10 Intelligence Level 2: World dependence		E14	240
		<b>35</b> Those who have personal assets belong to this level.		240
		<b>36</b> The unique feature of this level is the effort to continuously convert the luxuries into necessities of life		240
		<b>37</b> The primary goal in life is prosperity.		240
		<b>38</b> Actions are done for increasing the intelligence.		241
		<b>39</b> The knowledge that material prosperity will never take them to their primary goal is the sign of moving on to the next level.		241

UNITS	LESSONS	STATEMENTS	Session	Page No
	11	Intelligence Level 3: God dependence	E15	242
		<b>40</b> Those who realize the futility of the prosperity will enter this level.		242
		<b>41</b> The unique feature of this level is service-oriented mind.		242
		<b>42</b> The primary goal in life will be to serve the God/ society.		242
		<b>43</b> The ability to work for the sake of work is the sign to move on to the next level.		243
	12	Intelligence Level 4: Self-dependence	E16	244
		<b>44</b> Those who seriously seek the answer to the question “Who is God?” belongs to this level.		244
		<b>45</b> The unique feature of this level is the faith in Holy Scripture.		244
		<b>46</b> The primary goal in life will be to understand the essence of the Holy Scriptures.		244
		<b>47</b> Absorption of the ultimate knowledge is the sign to move up to the next level.		245
	13	Intelligence Level 5: independence	E17	246
		<b>48</b> The unique feature of this level is Joyful Living.		246
		<b>49</b> There are no goals in this level.		246
		<b>50</b> All the actions are done out of fulfillment and not for Fulfillment		246
UNIT TEST			E18	232
03 Activity Based Learning				247
	14	Action and Activities in life	E19/20	248
		<b>51</b> Activity Based Learning is the focus of the Holy Scriptures		248
		<b>52</b> Activity means any action that is done intentionally.		248
		<b>53</b> Human beings are bound to do action.		248
	15	Classification of the activities	E21/22	249
		<b>54</b> Activities are classified as Professional, Service, Personal and Social Activities.		249
		<b>55</b> Activities can be good, bad, or neutral.		249
	16	Results of action	E23-25	250
		<b>56</b> The results can be direct/ indirect/ visible/ invisible		250
	17	Drivers of good action	E26	252

UNITS	LESSONS	STATEMENTS	Session	Page No
	18 Summary	of Action and Activities	E27	253
		<b>57</b> Activities ensure progress		253
UNIT TEST			E28	247
04 Role of religion and Holy Scriptures				254
	19 No Dependence to World-dependence		E29	255
		<b>58</b> Religion makes inactive person active.		255
	20 World-dependence to God-dependence		E30	256
		<b>59</b> The role of religion in this level is to guide the human beings to do ONLY Good Actions and AVOID all Bad Actions.		256
	21 God-dependence to Self-dependence		E31	258
		<b>60</b> Religion prepares the mind of the people to receive the ultimate knowledge.		258
		<b>61</b> All the actions by the individual are motivated by what is RIGHT and what is WRONG and not by likes and dislikes.		258
	22 Self-dependence to Independence		E32	259
		<b>62</b> Religion gives the ultimate knowledge to the prepared mind.		259
		<b>63</b> Only right actions are liked and the wrong actions are disliked naturally.		259
	23 Independence (The final destination)		E33	260
		<b>64</b> All actions are done out of happiness and not for happiness.		260
UNIT TEST			E34	254
05 Benefits of learning				261
	24 Relevance of the Eternal Questions		E35	262
		<b>65</b> Animals do not ask such questions.		262
		<b>66</b> At Level 1, these questions are not comprehended		262
		<b>67</b> At Level 2, these questions are considered irrelevant.		262
		<b>68</b> At Level 3, these questions cannot be answered		262
		<b>69</b> At Level 4, these questions are highly relevant.		262
		<b>70</b> At Level 5, answers to all such questions are known.		262
		<b>71</b> If one is not able to find the answers, then one has to work to gain more intelligence.		262
	25 Answers to the Eternal Questions		E36	263
		<b>72</b> Answers to the questions will lead us to Joyful Living.		263
	26 Before and After knowing the Answers		E37	264
UNIT TEST			E38	261

**Unit 01 Nature and pursuit of living beings**

**Number of Sessions: 9  
(01 – 09)**

**Number of Lessons: 5  
(01 – 05)**

On completion of this unit, the student will be able to

- (h) Understand the role of intelligence in Joyful Living
- (i) Understand the difference among people

**Notes to the teacher: (Ref 5.1 and 5.8 of the original text)**

This Module contains the basic inputs required to understand the Holy Scriptures. The teacher has to ascertain the level of the student according to the level of intelligence described and guide the student accordingly.

The role of Holy Scriptures should be explained.

Clear knowledge of I can be obtained only from Holy Scriptures.

Mirror shows your face – Holy Scriptures shows the real you  
Clear the mirror to get clarity - Enquiry of Holy Scripture for self enquiry

You can never see your face except looking at the mirror. You can never know your real self except by reading the Holy Scriptures.

You LOOK at the mirror but SEE your face  
You READ Holy Scripture but UNDERSTAND you.

**Unit Test:**

**Session: E09**

- 23. What is the reason for difference in the level of intelligence among people? (Lesson 2)
- 24. How the personal preferences hinder the progress? (Lesson 2)
- 25. What are the Eternal Questions and can they be answered (Lesson 3)
- 26. Why should we find the answers to the Eternal Questions?
- 27. What are the FOUR sayings (from four religions) (Lesson 3)
- 28. How will you identify the person who has the highest truth? (Lesson 4)
- 29. Discuss the difference between THREE basic goals in life and the ONLY purpose in life. (Lesson 5)

**Definition of Intelligence:**

Intelligence refers to a general mental capability to reason, solve problems, think abstractly, learn and understand new concepts, and profit from experience. Intelligence can be measured by many different kinds of tasks. Likewise, this ability is expressed in many aspects of a person's life. Intelligence draws on a variety of mental processes, including memory, learning, perception, decision-making, thinking, and reasoning.

**Classification of intelligence:**

Visual/Spatial intelligence includes being able to visualize an object and to create mental images. It deals with visual arts, navigation, architecture and certain games such as chess.

Verbal/Linguistic intelligence relates to words and language. We use this intelligence in listening, speaking, reading and writing.

Musical/Rhythmic intelligence includes the ability to recognize tonal patterns, rhythm and beat. It includes sensitivity to environmental sounds, the human voice and musical instruments.

Logical/Mathematical intelligence deals with inductive and deductive reasoning, numbers and relationships. It involves the ability to recognize patterns, to work with geometric shapes and to make connections between pieces of information.

Bodily/Kinesthetic intelligence deals with physical movement, the knowledge of the body, and the body functions. It includes the ability to use the body to express emotion(s), to play a game, and to interpret and invoke effective "body" language.

Interpersonal intelligence is used in person-to-person relationships. It includes the ability to communicate with others and to have empathy for their feelings and beliefs.

Intrapersonal intelligence is based on knowledge of the "self". It includes Meta cognition (thinking about thinking), emotional responses, self-reflection and an awareness of metaphysical concepts.

**In addition to the above, intelligence includes all the accumulated knowledge, proficiency, capabilities, skills and smartness for the purpose of discussion in this module.**

**Statement 01:** Comprehension depends on levels of intelligence

The level of intelligence determines the ability of men to comprehend the complexities of the creation. In the beginning, he observes that the sun is traveling across the sky but do not ask any question about it. As his level of intelligence increases, he starts asking questions about what he observes.

This is true, with respect to all branches of knowledge. The complexity of any subject, including how to live life happily, requires high degree of intelligence to comprehend the truth.

Example: Why a ship floats but a nail sinks? The answer to this question could be comprehended, depending on the level of intelligence.

If the level of intelligence is low, even the question cannot be comprehended.

**Statement 02:** Levels of intelligence varies

The level of intelligence is not uniform among all the human beings. Only the more intelligent among them question whether it is the sun revolving around the earth or is it the other way around. When they discover the truth, the rest of the humanity may not be able to understand or appreciate the truth. Depending on the level of intelligence, some will believe sun is a god, some will comprehend the truth and the rest will continue to be ignorant.

**Statement 03:** Variation in intelligence level starts from birth

Such variation in the levels of intelligence commences from birth. At all stages of life, these variations continue to grow.

**Statement 04:** Intelligence is a function of learning

The only way to gain intelligence is through learning. There is no other way. A person who is more intelligent will be able to learn at a faster pace than the one with lesser intelligent. Therefore, the differences in the levels of intelligence at birth can only widen.



**Statement 05:** Learning happens in many births

Whatever one learns in a lifetime becomes the part of the mind as intelligence. Such intelligence is carried over to the next birth. This fact explains the reason for differences in the levels of intelligence among newborn babies.

**Statement 06:** Current variation in intelligence level is the result of accumulated learning in the innumerable previous births.

If one person is much more intelligent than other, it only means that the person with higher level of intelligence has learnt lot more than the other person in the innumerable previous births.

It does not reflect the variation in the environment or opportunities between the two. It is not possible to make any significant changes in the level of intelligence by changing the environment or by providing 'better' opportunities.

**Statement 07:** It is not possible to increase the level of intelligence significantly within one lifetime.

The number of previous births one had is innumerable. It is not limited to the time and space of the known universe. In each birth, we gain intelligence through learning. Therefore, the quantum of accumulated intelligence is very high compared to what can be acquired in the current lifetime.

Therefore, it can be assumed that the level of intelligence does not significantly change.

**Statement 08:** Preferences guide the application of intelligence.

Each individual is born with a set of preferences that are gained through past actions. These preferences guide the individual to a particular path in life by dictating his likes and dislikes.

Therefore, even if an individual has the required level of intelligence to reach the ultimate goal of life, he may spend time in chasing a mirage.

Example: Even the most intelligent people cannot solve a simple puzzle if one of the pieces is kept by them in the wrong place.

Due to ignorance, people think science and technology will get the answers to the Eternal Questions. Therefore, their effort is wasted in the wrong directions.

**Statement 09:** One of the eternal questions is “Who is God?”

There are many eternal questions like “Who is God?” They are called ‘Eternal questions’ because majority of the people will be searching for the answers to these questions, eternally. For most people, the answers to these questions will remain out of their reach.

The ultimate challenge to human intelligence is to find the answers for the eternal questions about God, Universe and Life. There is only one correct answer for these questions. However, each one of us understands the same according to our level of intelligence. A sample list of such questions is given below:

- God:
  - Is there God?
  - Is there Satan or an Evil force?
  - Who are the messengers of God?
  - What is Holy Scriptures? Are they really given by God?
  
- Universe:
  - When the universe was created?
  - Who created it?
  - How it is created?
  - Why it is created?
  - What lies outside the boundaries of the known universe?
  - Is there a single universe or more than one?
  - How long it will exist?
  - Who set the laws that govern the cosmic bodies?
  
- Living Being:
  - How did the life evolved in the first place?
  - What happens after death?
  - Since the population is on the increase from where new living beings are created?
  - Is there rebirth/ reincarnation?
  - Are there ghosts?

The list of such questions could be endless. Many know the correct and only answers to all such questions. The answers are absolute truth and not just the opinion, view, theory or philosophy. Comprehension of the answers to these questions will depend on the level of intelligence.

**Statement 10:** Many know the correct and only answers to Eternal Questions. Eternal Questions are called as such not because that the answers to such questions are not available. Answers are available but people understand them at different level. Moreover, people keep asking these questions until they come to know the ultimate truth.

**Statement 11:** Answers to the Eternal Questions vary according to the level of intelligence.

We should not deny the existence of higher level of intelligence. When we could see that there are many human beings whose intelligence level is much lower than ours is, it is quite probable that there are some human beings whose intelligence is at a higher level than ours is.

From the time immemorial, there were differences in the level of intelligence among human beings. The most intelligent among them have figured out the answer to all these questions 1000s of years back. However, the rest of the humanity was (is) not ready to comprehend the truth. So the truth is conveyed by them in different ways so that each human being can comprehend the truth according to his level of intelligence.

**Statement 12:** Holy Scriptures reveal the answers to the Eternal Questions.

These truths are contained in Holy Scriptures that forms the center core for various religions across the world. While all the Holy Scriptures/ Religions talk about one single truth, they appear to differ because there are differences in the level of intelligence among the followers.

As the level of the intelligence grows, the ultimate truth can be comprehended by all irrespective of the religious background. The same set of Holy Scriptures prescribes the paths to be followed in order to reach that highest level of intelligence that is required to comprehend the highest truth.

**Statement 13:** All the religions reveal the same truth.

The highest truth as revealed in four of the major Holy Scriptures in the world is given below:

Hinduism: You Are That.

Buddhism: Be a light to yourself

Islam: There is nothing but god.

Christianity: The kingdom of heaven lies within you./ The truth sets you free.

**Statement 14:** The apparent differences between religions are due to the differences in the intelligence level of people.

The true meaning of these four sayings can be comprehended only according to the level of intelligence of the listener. Therefore everyone will understand these sayings differently. Many will not even acknowledge that these are the central teaching of the respective religion. They might proclaim that their understanding is the absolute truth, which are different from the above.

**Statement 15:** The Holy Scriptures of all the religions are meant for guiding human beings belonging to all the varied levels of intelligence.

Holy Scriptures guides all the human beings appropriately considering their level of intelligence.

Example: A doctor gives medicine to all depending on the nature of illness. Medicine may differ depending on the illness. However, the objective of giving medicine remains same.

In order to prescribe the correct path to the ultimate truth it is necessary to identify the common goal/ objective that makes sense to everyone.

It is possible for everyone in the world to reach the absolute single truth eventually since the intelligence is growing all the time. Even those who hold a lower level of truth will progress to the higher level since with or without the conscious effort, the mental maturity happens. Just like a teenager changing his priorities in life on reaching the middle age, the person holding a lower level of truth will progress to the higher level eventually after many births.

In the meanwhile, there might be confusion when different people say different things. It can be resolved in the manner suggested in the following example.

Suppose A and B give two different interpretation of the truth, how will C figure out which one is correct?

It should be remembered that there is nothing called 'wrong answer'. Everyone has a right answer according to his level of understanding.

Example:     A is saying that there is rebirth.  
               B is saying that there is no rebirth.  
               C wants to know whom to believe.

The person at the higher level will be able to accept and appreciate the person at the lower level. Therefore, it is easy to figure out who has the higher level of truth.

If A and B are debating in front of C then all three of them are at the same level of intelligence. (It is like the blind people figuring out the truth of the elephant).

If A and B agree that C can choose whichever answer he wants as the correct answer – after listening to the explanation from both – then both A and B are at the highest level of intelligence. (This is so because what C can comprehend is limited by his current level of intelligence)

If one says that the other is wrong then he is at a lower level.

If one says that the other is also right then he is at a higher level

Factors that identify a person who holds the highest truth:

1. At all times, he will find nothing wrong with the world as it is.
2. He will have perfect and logical explanation for all events in the world.
3. He will understand and appreciate the behavior of every human being.

4. He will never attribute anything to chance or accident (which is another way of saying 'I do not know'). In other words he knows everything.
5. He will not change his views/ opinion even if the whole world says that he is wrong. He can logically and scientifically prove his views/ opinions (to those who are qualified to understand the truth)
6. He might say different things at different time because he needs to say things according to the maturity level of the listener.
7. He will not depend on any one/ any object/ any event to live a joyful living and will live in perfect happiness/ complete security and ever peaceful all the time.
8. Since he does not need anything from the world, his actions will not be tainted with desire for fulfillment.
9. He has seen the God and will respect and love the entire creation.
10. He will willingly teach his knowledge only to those who seek.

If we analyze the following **three basic goals** of all the living beings, it will be clear that the **ONLY** purpose in life is to gain more intelligence.

**Statement 16:** All living beings want to be immortal.

Every living being wants to exist forever and none is willing to die. To achieve the goal of immortality all living beings strive to keep fit (seeking food etc) and protect oneself from the dangers in the environment. Disease and ageing seem to pull us away from immortality. (However, attempts are being made to reduce the impact). The need to reproduce seems to be a poor substitute (to immortality) since as of now mortality appears to be unavoidable.

**Statement 17:** All living beings want to be happy all the time.

Every living being wants to be happy all the time. All of them want to avoid physical/ mental sufferings at any cost. Given a choice, a dog will sit under a shade and not under the hot sun. Thus, all the living beings will seek sense pleasures (Good food/ environment/ companionship/ entertainment/ comforts) and freedom. They are willing to exert their body/mind complex and do whatever is possible within their capability to live joyfully forever

**Statement 18:** All living beings want to become more intelligent

Every living being wants to excel all the time. The principle of survival of the fittest is derived from the inertia of the living beings to excel and not to be contended with whatever they have.

It is apparent that the level of achievement of the first two goals is limited by the achievement of the third goal.

For example,

Average life span is increasing with the growth in medical sciences.

Intelligence has brought the cave man in to concrete cities giving incomparable protection and comforts.

**Statement 19:** Progressing to higher order of intelligence is the only purpose.

Since Immortality and Eternal Happiness is possible only thorough gaining higher level of intelligence, we can state increasing the intelligence as the only purpose. By constantly increasing their capability (To be more intelligent), all human beings consciously or unconsciously are progressing towards achieving the first two goals (Immortality and Joyful Living).

<b>Unit 02</b>	<b>Classification of living beings</b>	<b>Number of Sessions 9</b> (10 to 18)
		<b>Number of Lessons 8</b> (06 to 13)

On completion of this Unit, the student will be able to

- (j) State the six different levels of living beings
- (k) Understand the process in which evolution happens from Level 1 to Level 5
- (l) See why the anomalies in the world cannot be wiped out.

**Notes to the teacher: (Ref 1.3 to 1.9 of the original text)**

It is generally believed that it is possible to bring about an utopia where the whole world will live in a harmony without any social evils like war, hunger etc. It should be emphasized that this will never be the case.

It should be explained that the environment and opportunities in life play a very limited role in the growth of Intelligence.

It should be explained the economic prosperity is not directly related to the level of Intelligence.

**Unit Test:**

**Session E18**

- 23. What is the need of classifying people according to the level of intelligence? (Lesson 6)
- 24. List the names of the profiles from Intelligence Level 1 to 5 (Lesson 6)
- 25. How do YOU know that you may not be holding the highest level of truth?
- 26. Why there are multiple versions of truth? (Lesson 7)
- 27. Discuss the general profile, composition, goals and actions of people belonging to Level 1 to 5.
- 28. Is it possible for someone to move from Level 1 to 5 in one life time?
- 29. Why it is people in Level 1 and Level 5 do not have any goals in life?



**Statement 20:** All living beings are classified into SIX groups based on the level of intelligence.

We can classify all the living beings into the following six groups based on their level of intelligence. The purpose of this analysis is to figure out which group each one of us belongs and to identify the path of our growth.

It should be noted that even without this classification we will continue to progress. A fourth grade student will perform well and move on to fifth grade even if he does not know how many more grades he has to complete before leaving the school. However, it helps to know the destination and the length of the path while one is traveling.

Just like a school, the world could be divided into various grades based on the various levels of intelligence. The purpose of such classification is not to discriminate against any specific group. On the other hand, the purpose is to ensure that everyone is provided with appropriate guidance to progress to the next level.

**Statement 21:** The purpose of classification is to offer help to everyone for progressing in life.

Because every living being has an inherent urge to progress, it is not necessary for some one to teach them that they need to progress. Everyone will progress automatically without any prompting.

However, it will be easier if some help is offered. Help will be effective only if it is appropriate to their current level of intelligence.

This is the purpose of classification.

Example: A group of people is walking. If someone trips on a stone and falls, it is the duty of the fellow walkers to help him to get back. It is also essential to remove the stone from the path so that the followers do not trip and fall.

Similarly, those who march ahead must facilitate the progress of those who are following.

**Statement 22:** People with higher-level of intelligence should help others.

Higher the level more responsible one should be.

Example: A twelve year old will not make fun of a 4 year old for not being able to multiple 3 with 4. Everyone will have to pass through all the previous levels before reaching the current level. Moreover, everyone will ultimately reach the highest level.

Thus, the classification is done to know one's current position for facilitating progress.

**Statement 23:** People with lower level of intelligence may not acknowledge the presence of people with higher level of intelligence.

It should also be noted that the people at the lower level might not be able to comprehend the growth and status of those who are ahead. Nevertheless, they will grow some day (Either in this birth or in some future birth).

Example: A twelve-year-old talks about 'square root'. A 4 year old does not comprehend it. It is essential for the 4 year old to recognize and respect that the twelve year old is far ahead and not to ridicule him by denying that there is no such concept called 'square root'.

Unfortunately, in life most people do not accept this truth. They believe if they cannot comprehend something then it cannot be the truth. Although it causes no harm to the people ahead, it creates unwarranted friction. Denial of knowledge seems to be an easy way out instead of trying to move up the level. Ofcourse teenagers generally belong to this type and revolt against the elders. Fortunately, they grow up.

We shall now see the general profile of each of the six groups, which covers all the living beings.

Group 1	Intelligence Level 0	No Individuality
Group 2	Intelligence Level 1	No Dependence
Group 3	Intelligence Level 2	World Dependence
Group 4	Intelligence Level 3	God Dependence
Group 5	Intelligence Level 4	Self Dependence
Group 6	Intelligence Level 5	Independence

**Statement 24:** The truth cannot be determined democratically.

If there are different views and opinions it is generally felt that the issue has to be resolved through democracy. This is not the right way to determine the truth. Infact by definition the highest truth cannot have majority support.

Example: The number of primary school children will always be much more than the number of postgraduate students. We do not and should not decide the right answer to a science or math problem based on the number of students supporting it.

Similarly, in any society the number of ignorant people will always exceed the number of most intelligent people. We do not and should not validate any scientific invention based on the support it receives from the general population.

The truth cannot and should not be determined based on majority view.

Since the highest truth cannot be comprehended by all, it is essential to dilute it to the level of the audience. This has lead to the current situation that there are multiple and often contradicting answers to the questions on God, Universe and Life. Although the most intelligent among the human beings have understood the ultimate truth 1000s of years back, each one of them tried to convey the truth in a way that is understandable to their disciples.

**Statement 25:** Since the level of intelligence determines the comprehension of the truth, only few in the world can comprehend it.

The number of people with less intelligence is much more than the people with high intelligence. Moreover, not all the highly intelligent people are searching for the solutions in the right direction. Therefore, only few in the world hold the highest truth.

**Statement 26:** The reason for the existence of multiple versions of truth is due to the varying degree of intelligence among the followers.

The life and teaching of Buddha is well documented. In spite of it Buddhism was split into many sects soon after the death of Buddha. This is because when Buddha was alive he gave different answers to different people (depending on their level of intelligence) which are documented without any reference to the context. After his death when the records containing such contradictory answers are interpreted by the followers, multiple versions of the truth got 'authentic' support.

Even if Buddha were to be alive today, he will permit the contradicting views of the truth to survive because people are at different level of intelligence and it is

essential that they comprehend the truth according to their level in order to progress to the next level.

Example: Which light illumines the earth during the night? Sun or Moon? The person who says Sun could be an idiot or a very intelligent person. The popular answer may be moon, but the correct answer is Sun. However, it will be difficult to expect everyone to give the answer as Sun. Therefore, we need to accept the answer as Moon and then try to explain that the moon does not have its own light etc, depending on the level of intelligence of the person.

Thus, the wise understand that the truth is understood in different ways. Others stick on to their narrow vision of truth and fight among themselves in the name of the religion or god.

It is important to understand the qualities of non-human beings like animals in order to appreciate the position of the human beings.

**Statement 27:** All the living beings other than human beings are in this level.

**Statement 28:** The unique feature is absence of doership.

The concept of ego (sense of “I”) has not grown beyond ‘I am the enjoyer’ and do not extend to “I am the doer”. Animals do not have a sense of doer ship. They do not have a choice to do or not to do an action. They do not have will power.

**Statement 29:** Animals are instinct driven and not intelligent driven.

Composition: All the senses (1 to 5) are under the control of Mind  
Mind is driven by instinct

There are no significant personal preferences shown by the individual members of this group.

Although all of them want to achieve all the three basic goals (Immortality, Joyful Living and to gain more skill/intelligence) they have no choices on action. They are guided by their instincts.

Example: Giraffe has developed a long neck purely guided by their instincts and not by any intelligent plan.

There are no perceived purposes of life. There are actions, which are instinct driven and make the individual to progress towards achieving the three basic goals of life.

There is no sense of doer ship. There are no right actions or wrong actions since there is no willing/ choice. Therefore there are no unseen benefits/ sufferings will be accumulated as the result the actions.

Growth in the intelligence is determined as the species as a whole. Mating rights are given only to those who do well in life. This facilitates the growth of the species as a whole, which is called evolution. Those who do not adapt to the environment get extinct.

In order to move up to next level there is nothing to be done since they do not have choice in action. When the good actions done in the previous human births fructify, they will be born as human beings. This is the only way any member of this group can ever move up to Level 1.

**Statement 30:** Human beings with the least level of intelligence are in this level

The EGO (individuality) that 'I am the doer' sense is the entry requirement to this level. Only human beings can enter into this level. Although few species of animals like elephants and dolphins show some sign of self-awareness, their ego is not fully grown to the level of human beings.

**Statement 31:** The unique feature is the presence of Self-Consciousness

Although everyone in this level will be self-conscious, most will not have individual ambition in life.

Composition: All the five senses are under the control of Mind  
Mind is controlled by Intelligence  
Intelligence is employed to meet the demands of the sense pleasures and for day-to-day survival.  
Initial sign of will power is seen.

**Statement 32:** Presence of Personal Preference among human beings

He starts accumulating likes and dislikes through repeated actions. He prefers certain food to others. He starts preferring specific set of people to be his companions and try to avoid another set. He develops specific habits.

**Statement 33:** There are no specific goals in life

Just live the life as it comes. The individual functions as the part of the group and will not have purpose of life that is separate from that of the group.

Although all of them want to achieve all the three basic goals (Immortality, Joyful Living and to gain more skill/intelligence) they do not use their ability to will/ act effectively to achieve these goals.

All actions form part of group behavior. Although the individual ego exists it normally sub serves the group interests. However, since he has the capacity to will and have choice of action, he starts accumulating the fruits of his action. Good actions and bad actions will bring about corresponding benefits/ sufferings either seen/unseen.

He does specific duties assigned to him by the group and it sets his personal preferences. For example, if the group has allocated the task of climbing the trees to get the fruits, he starts accumulating the skills and knowledge relating to climbing the tree. He may become the fastest tree climber. He will know the right

technique to maximize the yield from a tree. All the skill and knowledge is gained incidentally through repetitive work without any specific desire.

Many native tribes who are still living away from civilization belong to this class. They are much superior to the Level 0. They have a fully developed ego. They know that they have choices to make and exercise their options to progress. Nevertheless, they cannot comprehend a question “what is your objective in life”. Although they do work for survival, they do not connect both.

Even among the modern civilization there are few individuals who do not do any work belong to this level. If they are educated, they will be able to articulate the objective of life as follows “The objective of life is to enjoy. I am happy with whatever I have. I do not work because there is no other purpose in life other than enjoying.”

In spite of this attitude it is impossible not to do any actions. Whatever actions they do, three things happen

**One:** They accumulate good/bad results of their action

**Two:** They accumulate knowledge/skill

**Three:** The personal preferences are shaped.

A stage will come when the personal preferences will make an individual a distinct/ strong personality standing out from the group with a specific goal of increasing the personal wealth. That is the time to move on to the next level.

**Statement 34:** Any sign of aspiration in life signifies the readiness of a person to move up to the next level.

Aspiration (Not to be satisfied with the basic needs of life but to work for MORE of everything), the desire to own and possess personal assets, desire to learn, desire to become more capable and working harder are the other features which signal the growth of intelligence.

As and when the individual starts to work with an intention of accumulating personal wealth he moves on to the next level.

Suppose he dies before moving on to the next level he is born again in the same level with the entire package of

1. Accumulated results of good/ bad actions
2. Accumulated knowledge and skill (Intelligence)
3. Accumulated Personal Preferences (His personality)

Until he gets the required qualifications, he will continue to be in the same level.

**Statement 35:** Those who have personal assets belong to this level.

**Statement 36:** The unique feature of this level is the effort to convert the luxuries into necessities of life continuously.

They will continue to learn and work to increase their knowledge and skill levels for increasing their personal wealth.

An individual will start comparing his status with everyone around. What is required for him is no longer measured in absolute terms. His requirements will become relative to the possessions of the people around him. He will not be satisfied until he has the best of every thing.

Composition:           All the five senses are under the control of Mind  
                                  Mind is controlled by Intelligence  
                                  Intelligence is employed to meet the mental satisfaction and  
                                  the sense pleasures  
                                  A very strong will power

His personal preferences brought from the previous level, are strengthened. With his increased level of intelligence, he is now more capable to meet the demands of the sense organs. As a result, his preferences will become finer.

His environment/ culture/ society have an impact on his actions. He does what is 'respectable'. More such actions make his personality stronger and more vibrant.

In addition, he develops new skills that are not directly related to his profession, like music, art and such.

**Statement 37:** The primary goal in life is prosperity.

Prosperity includes gaining more Name/ Fame/ Wealth/ Prosperity/ Property/ Position/ Power/ People (Relatives and Friends) / Money/ Awards / Rewards

Getting mental satisfaction and fulfillment of sensory pleasures are considered as incidental benefits of achieving the primary goal.

Each individual develops a core competency so that the progress towards the primary goal is faster.

Although all of them want to achieve all the three basic goals (Immortality, Joyful Living and to gain more skill/intelligence) they are under the impression that their primary goal (More money etc) in life will increase their ability to achieve these three basic goals.



**Statement 38:** Actions are done for increasing the intelligence.

They work to increase their intelligence to meet the primary goal of life in the highly competitive world. They continuously plan to use the available time and other resources effectively, trying to maximize the return on investment.

The individual will start accumulating personal wealth for the sustenance and growth of his individual self and the family. Even the family is seen as the personal possession.

**Statement 39:** The knowledge that material prosperity will never take them to their primary goal is the sign of moving on to the next level.

When people recognize the existence of God, and to realize that the individual achievements are insignificant compared to the god's creation, they will be ready to progress to the next level.

In this level in order to compete in the world one would have worked very hard. As a result, he would have achieved a very high order of intelligence. (It takes quite a lot of work to achieve this). With this superior intelligence, one will be able to see that he was chasing a mirage all along.

The moment one realizes that Immortality and Joyful Living will not come about by amassing material wealth, he moves to the next level.

Suppose he dies before moving on to the next level, he is born again in the same level with the entire package of

1. Accumulated results of good/ bad actions
2. Accumulated knowledge and skill (Intelligence)
3. Accumulated Personal Preferences (His personality)

Until he gets the required qualifications, he will continue to be in the same level.

**Statement 40:** Those who realize the futility of the prosperity will enter this level.

Those who have completed the first two levels will enter this level in one of the following two ways.

One: After undergoing a traumatic experience like an accident / serious sickness or death of a close associate. As a person is progressing through the previous level, he normally tends to think that the material progress will solve all the problems of the world and lead one to live joyfully. When this myth is broken by such rude shock, he will move up to this level.

Two: Through reflection and contemplation on the life. Whenever, people get an opportunity to review their progress in life and compare it with the history of mankind, they will see that they are on the wrong path.

**Statement 41:** The unique feature of this level is service-oriented mind.

Service to god and to the society is recognized to be of more importance than accumulating personal wealth.

Composition:           All the five senses are under the control of Mind  
                                  Mind is controlled by Intelligence  
                                  Intelligence is looking for guidance from God/ Elders.  
                                  Individual will power subdued to god's will

His personal preferences, brought from the previous level, are modified considerably. With his increased level of intelligence, he is capable of correcting his mistakes of running behind the material progress.

His personality will change drastically since his actions will now be oriented towards god rather than world. Preference for sensory pleasures will become lesser.

**Statement 42:** The primary goal in life will be to serve the God/ society.

Fulfillment of sense pleasures no longer the primary objective. They will turn their attention to serve the poor, the society and the god.

The need to achieve all the three basic goals (Immortality, Joyful Living and to gain more skill/intelligence) continues. Nevertheless, they are now clear it is not possible to achieve these goals by self-effort alone. They will know that divine grace is essential which can come only when they do work for the sake of work and by serving god through serving others.

An unseen goal of this level is purification of mind. Unless the mind is purified, it cannot receive the highest knowledge. The primary goal of doing service is the only way to achieve this unstated but real goal in this level.

They do continue to work and compete in the world just like the previous level. However, their focus is no longer material progress but spiritual progress. They realize that vision means the ability to see the invisible.

When they do work for the sake of work and without any attachment to the results many good things happen.

Their intelligence grows manifold since it is no longer constrained by the result.

Their mind becomes capable of seeing the unseen

Accumulation of more unseen positive results

Thus, his actions prepare him to move up to the next level.

**Statement 43:** The ability to work for the sake of work is the sign to move on to the next level.

Other requirements to move up to the next level are:

Dedication / Devotion in the chosen profession  
Increased ability to withstand the ups and downs of the life  
Ability to discriminate the truth from false  
Deep desire to know god

A firm conviction that the material progress will not bring about the ultimate goals (Immortality and Joyful Living) of life

As and when he is ready to enquire the true nature of god, he will meet up with a competent teacher. This is one of the sign of moving up to the next level.

Suppose he dies before moving on to the next level, he is born again in the same level with the entire package of

1. Accumulated results of good/ bad actions
2. Accumulated knowledge and skill (Intelligence)
3. Accumulated Personal Preferences (His personality)

Until he gets the required qualifications, he will continue to be in the same level.

**Statement 44:** Those who seriously seek the answer to the question “Who is God?” belongs to this level.

When someone starts a serious enquiry on the question “Who is god” or “Who am I”, he will enter this level. In order to enter this level the human being must have completed all the previous levels successfully.

**Statement 45:** The unique feature of this level is the faith in Holy Scripture.

Knowledge that Holy Scriptures alone holds the key to Joyful Living, which can be obtained only through the grace of a compassionate and competent teacher.

Composition: All the five senses are under the control of Mind  
Mind is controlled by Intelligence  
Intelligence is guided by Holy Scripture/ teacher  
Strong will power combined with wisdom.

**Statement 46:** The primary goal in life will be to understand the essence of the Holy Scriptures.

He will start learning Holy Scriptures under the guidance of a teacher.

For the first time all the three basic goals (Immortality, Joyful Living and to gain more skill/intelligence) seem to be completely attainable. Therefore, the desire to reach the destination will increase day by day.

All the actions are motivated by the single desire to know god.

Start reading the Holy Scriptures systematically under the guidance of a competent teacher.

Reflect on the truth contained in the Holy Scripture until all the mind is devoid of any doubts on the validity of the teaching.

Removal of wrong knowledge and application of the right knowledge in all the dealings in the day-to-day life

**Statement 47:** Absorption of the ultimate knowledge is the sign to move up to the next level.

Once the knowledge is gained, one should learn to live by the highest knowledge. It is a very difficult task. Since he is all along lived with lower level of knowledge, it will be difficult for him to be steady on the right knowledge all the time, while dealing with the world.

For this purpose, he needs to meditation on the right knowledge. This meditation is different from conventional meditation. It is a moment-to-moment living meditation, which needs to be done during the entire waking period until it becomes natural. Once this is done, mere living is meditation.

This is the final level in the world school. Once this is completed, one has reached all the goals in life.

## Lesson 13: Intelligence Level 5 – Independence

Session: E17

This level is equal to entering the work life after completing all possible education. In other words, there is nothing more to learn after reaching this level. In order to enter this level the human being must have completed all the previous levels successfully.

**Statement 48:** The unique feature of this level is Joyful Living.

Composition: All the five senses are under the control of Mind  
Mind is controlled by Intelligence  
Intelligence is guided by society's welfare  
Individual will power subdued to cosmic will.

**Statement 49:** There are no goals in this level.

The end goal is already reached. There is nothing more to be done.

Actions are influenced by the personal preferences. There will not be any action, which is of selfish nature.

There may be one desire. To help others know the secret of Joyful Living.

Absence of such desire is also totally acceptable. A person in this level is not bound to do any action.

Conclusion The entire journey from the first level to this level has to be performed for just meeting ONE goal of life: To gain enough intelligence so that we understand that we are immortal and joyful by nature.

**Statement 50:** All the actions are done out of fulfillment and not for fulfillment

**Unit 03****Activity Based Learning****Number of Sessions 10**

(19 to 28)

**Number of Lessons 5**

(14 to 18)

On completion of this Unit, the student will be able to

- (i) Define how learning happens in the world
- (j) Define Activity and differentiate between good and bad actions

**Notes to the teacher:**

The linear relationship between the good actions and the prosperity should be explained. This should replace the popular wrong view that the hard work will get success.

**Unit Test:****Session E28**

- |   |             |
|---|-------------|
| 18. Define an activity  | (Lesson 14) |
| 19. What are the four types of activities?  | (Lesson 15) |
| 20. How do people gain intelligence?  | (Lesson 15) |
| 21. What are good and bad actions?  | (Lesson 15) |
| 22. List the types of results that might arise because of performing the actions. |             |
| 23. What is the difference between direct and indirect results?                   | (Lesson 16) |
| 24. What is the difference between seen and unseen results?                       | (Lesson 16) |
| 25. What is the proof that the unseen results are there?                          |             |
| 26. What are the drivers of good action?  | (Lesson 17) |
| 27. How the progress is linked to activities?                                     | (Lesson 18) |

**Statement 51:** Activity Based Learning is the focus of the Holy Scriptures

Every religion in the world has their own version of Holy Scripture, just as different schools in the world have their own version of the curriculum. However, the ultimate objective of all the religions/ Holy Scriptures is to ensure the progress of the human beings from the current level to the next higher level.

The curriculum in a school guides the overall development of the student. Similarly, the Holy Scriptures forms the curriculum in the world school. It guides the growth of intelligence in each level so that the human beings move up until they reach the final level.

Learning in the school of world happens through activities and it can be termed as “Activity Based Learning”.

In a school environment, the conventional teaching (theory classes) by the teacher is supported by various activities (experiments in labs). These activities aid the students to learn more effectively.

In the case of life, the learning is mostly activity based (varied experiences) and the conventional teaching is comparatively very less.

The ONLY purpose of all the human beings in the world is to gain more intelligence. The ONLY way of gaining more intelligence is to perform activities. In addition, the Holy Scriptures guides the human beings in doing the activities according to the prescribed plan that is designed to ensure maximum learning.

**Statement 52:** Activity means any action that is done intentionally.

Action includes any of the following done intentionally.

Thinking  
Reading/ Writing  
Speaking/ Listening/ Talking  
Doing any physical action

And intentionally abstaining from not doing any of the above action

Involuntary actions are not included in the definition of ‘action’. Following are not considered as action: Sleeping, dreaming, sneezing and coughing

**Statement 53:** Human beings are bound to do action.

It is not possible for any human being to exist without doing action since all are bound to the Eternal Cycle of Action – Result – Imprints – Desires – Action.



**Statement 54:** Activities are classified as Professional, Service, Personal and Social Activities.

Professional activities are those, which are done for the sake of earning money, name, fame, people, power, position, prosperity, property, wealth, status, rewards and awards and include all the salaried jobs, commercial activities, sports, arts and science.

Service activities include social service, community work, donation/ gifts to a good cause, environment protection and animal welfare activities.

Personal activities include eating, taking bath, work out in a gym, reading, studying, watching television, playing solitaire etc.

Social Activities include partying, going out to movie with others, gossiping with friends, visiting a relative, playing games that involve more than one person etc.

**Statement 55:** Activities can be good, bad, or neutral.

Good Actions are those actions that results in measurable benefit to others and will include the following.

- Kindness to all the living beings
- Respect to the nature including all inanimate objects
- Showing due respect to elders in the society, Hospitable to all guests
- Helping tendency to neighbors, colleagues and to all the human beings
- Feeding the poor, Providing shelter and clothing to the needy
- Helping the students to pursue their education
- Cleanliness and Purity in all actions
- Thoughtful consideration of all beings and things
- Kindness, friendliness and compassion to all living beings
- Reading and understanding the Holy Scriptures

(In short how an individual expects others to behave are called Good Actions)

Bad Actions are those actions that harm or hurt others and include the following:

- Stealing and misappropriation
- Violence and Killing
- Harming others through lying and untruthfulness
- Violating the private space of others
- Amassing wealth and to be greedy, cheating, exploiting others
- Not respecting the elders in the society

(In short how an individual expects others not to behave are called Bad Actions)

Neutral actions are those which do not affect other living beings either way.

**Statement 56:** The results can be direct/ indirect/ visible/ invisible

Direct-Visible results are those results, which come directly from the activity and it is seen clearly.

Examples:

<b>Activities</b>	<b>Results</b>
Professional:	Salary, professional fee, profit/loss,
Service:	Achievement of the service objective
Personal:	Grades in the exam, Fit body, relaxed mind
Social:	Relationship/ friendship, family bonding

These results are called as DIRECT because they arise directly from the specified activities.

These results are called as VISIBLE because they arise soon after the performance of the specified activities.

The quantum of the result depends on how well the activities are done. An activity that is well done will definitely bring about corresponding good results. In addition, as a corollary, poor result can be directly attributable to poor performance.

Direct-Invisible results are those results, which come directly from the activity depending on whether the activity is good or bad. Good Actions will bring benefit and the Bad Actions will bring suffering.

There is a slight complication here. Although such result accrues directly from doing good/ bad actions, they are not always immediate. There is no water tight pairing between the Activity-Result. Therefore, such results are not seen as accruing from the activities performed.

Since a rationale mind is not able to correlate the activities with such results, they are termed as invisible results. Nevertheless, the fact is such results are due to the activities done in the past.

Examples:

<b>Activities</b>	<b>Results</b>
Professional:	Promotion, Oscar Award, Huge profit/ loss
Service:	Hurdles to the service/ unsolicited support
Social:	Pleasant surprises/ unwarranted misunderstanding

Note: There is no example given for Personal Activities since they are generally done without the involvement of others and therefore are neutral in nature.

These results are called as DIRECT because they arise directly from the past activities. (Past activities include the activities done in the countless previous births)

These results are called as INVISIBLE because they are cumulative in nature and cannot be linked to any specified activity.

Although Good Actions and Bad Actions will bring about corresponding blessings and sufferings in just measure it is not amenable to scientific calculations since we do not have information on how much of the result obtained is out of accumulation and how much is deferred.

Indirect-Visible result is the increase in the intelligence.

How well an activity is done determines the growth in the intelligence level. Practice leads to perfection. If an activity is done half-heartedly, the growth in the level of intelligence will be marginal. The more involvement will enable faster growth in the level of intelligence.

This result is called INDIRECT because it comes as a by-product of the activity. This result is called VISIBLE because everyone can perceive the growth in the skill, capability and the knowledge level because of doing the activities.

One of the basic goals of human beings is to gain more intelligence. This is being achieved as an indirect benefit of performing the various activities.

Indirect-Invisible result comprises of two kinds of results

One is the sense on inadequacy and incompleteness. The second is the mental maturity.

**The combination of these two kinds of results enables the human being to move up in the level of intelligence as described in the previous unit.**

These results are called INDIRECT because it is not from any specific activity.

These results are called INVISIBLE because people seldom recognize this result.

Indirect-Invisible result of our activities comprises of two kinds of results

One is the sense on inadequacy and incompleteness. The second is the mental maturity.

Sense of inadequacy:

However well an activity is performed no one will be completely satisfied with the performance. Everyone will feel that they could have done better.

Sense of Incompleteness:

However good the results of an activity be no one will be completely satisfied with them. Everyone will feel that they deserved something more even after accomplishing the intended results.

These two factors will drive them to perform more action.

Mental Maturity:

The attitude with which any activity is performed determines the mental maturity.

Any goal-oriented attitude is inferior compared to the action-oriented attitude.

All the activities are to be performed to the best of one's efforts for the sake of doing the activity and not for gaining any sort of results.

As and when the activity is done with this attitude it will bring about a mental maturity which is essential to move on to the next level of intelligence.

**Statement 57:** Activities ensure progress

Human beings are constantly involved in action. In addition, all the actions bring about the results as discussed earlier. The cumulative effect of all such actions is progress in the spiritual path of moving from the current level of intelligence to the next level.

If a detailed analysis is made on the nature of results that will be brought, it is clear that the following method will make us progress quickly.

One should always do good actions

One should do actions for the sake of doing the action and not be concerned with the results that may come in.

These two factors will ultimately happen whether one consciously make an effort or not. Nevertheless, it helps if one does it consciously.

**Unit 04**      **Role of religions and Holy Scriptures**      **Number of Sessions 6**  
(29 to 34)  
**Number of Lessons 5**  
(19 to 23)

On completion of this Unit, the student will be able to

- (a) Identify how the religion helps people at the varied level of intelligence.
- (b) See the oneness of all religions

**Notes to the teacher:**

All the religions are to be compared.

While there is no difference among the religions, there are differences in the people. It is not possible to give same prescription to two different patients. So depending on the status of the patient different paths to recovery is shown by the religions. Depending on the profile of the patients, the doctor is classified as 'Jaundice Doctor' or 'Malaria Doctor' since they treat that type of patients more often. Although all the doctors are educated in the same school of medicine, they are perceived differently, based on the type of the patients they treat. Any of the doctors could treat all the common diseases!

Similarly, any religion can guide any human being BUT due to the common profile of the followers, the various religions are perceived differently.

Thus, the same religion is portrayed differently based on the followers.

**Unit Test:**

**Session E34**

- 1. How an inactive person is made active? (Lesson 19)
- 2. What is the main contribution and the five additional contribution by the religion for the people who are in the level of world dependence (Level 2)?
- 3. What is the difference in attitude towards work between Level 2 and Level 3 people. (Lesson 21)
- 4. Explain the role of religion in helping the people (at the different levels) progress towards the common goal.
- 5. What is the purpose of doing work for people in Level 1 to 5. (Lesson 23)

For people in the Level 1, religion is a savior. But for the religion, the people in this level would be living entirely like animals. Religion is the only factor, which forces the human beings to act to become more ambitious.

Guided by the instinct animals and other living beings get involved in action. Human being is expected to get involved in action voluntarily by using his free will. This will involve actions that are meant beyond just survival. Such additional action is required in order to gain more intelligence.

Therefore, the various religious faiths across the world forces people in this level to celebrate various festivals, thanks giving to gods and other rituals. Some of these may be looked down by the modern scientific world as superstition. However, they are not. All such activities are required to move the people in this level to the next level. These rituals drive the individual to more action. They drive the individual to consume more. They make the individual not be contented with the minimum. Thus, people are moved from the survival mode (of animals) to desire mode.

**Statement 58:** Religion makes inactive person active.

Thus, religion drives an inactive person active and makes him depend on the world for his happiness/ peace and security.

At this level, every community has their own set of gods, rituals and beliefs. People follow the traditional custom without questioning it. Neither do they understand the significance of it.

If people in Level 1, are not religious, they will not be motivated to work beyond meeting survival needs. All actions by such individuals are done without any specific motive and therefore in order for the people to get involved in more action religious belief serves as a prod.

Once a man is pushed into action and moves upto this level, the inertia in the system ensures that he continues to act. Infact the action will become so frantic that increasingly people will feel that 24 hours a day is not enough.

In the previous level, people do not have the need to know the time of the day more accurately than morning, evening and night. There is nothing much to be done. However, in this level everyone is racing against time. There are so many tasks to be completed and there is so little time.

**Statement 59:** The role of religion in this level is to guide the human beings to do ONLY Good Actions and AVOID all Bad Actions.

If this is not followed, the human being will suffer so much that he will turn towards God and start avoiding all Bad Actions. He will then do as much good actions as possible.

Such Good Actions will bring him the support of good company and a competent compassionate teacher. Then he will be promoted to the next level.

Thus, Holy Scriptures guides the people who are dependent on the world to depend on God for happiness, peace and security, by avoidance of bad actions.

In addition to the above following additional contributions are made which are essential for the individual to complete the Level 4. They are

- (a) Self Control (Mastery over sense organs)
- (b) Self Confidence (Development and growth of ego)
- (c) Self Integration (All the five personality layers to function coherently)
- (d) Self-Effort (Non-fatalism. He should put in the effort to gain his goal)
- (e) Balanced Mind (Steady mind is required to absorb the ultimate knowledge) This is developed by working for the sake of work

As they progress in this level, the perceived role of god, religion and scripture will become progressively less. They are too busy chasing material goals and do not have much time to spend on spiritual activities. Going to place of worship, celebrating the various religious festivals and following traditional practices are done more for breaking the monotony of the daily routine and for some sort of relaxation/ entertainment. Much significance is not attached to such activities.

As a person is matured in this level these activities, assume more importance and he moves on to the next level.

**All the actions by the individual are motivated by LIKES and DISLIKES initially.** As he is matured in this level, he will start looking into the right and



wrong aspects of the actions. Initially he will do even wrong actions because he likes them. After progressing in this level, he will ensure only right actions are done.

The level of hold the likes and dislikes have on him determines how long he stays in this level. The likes and dislikes themselves are modified as he realizes the futility of the prosperity.

The man in this level continues to act but the focus is to serve the god. He moves from being materialistic to be spiritual. He drastically reduces all the bad actions and ensures he does more good actions.

The role of Holy Scripture at this level is to guide the human beings perform good actions for the sake of doing the action and not for the result. This is a quantum jump from the perspective of a Level 2 person.

A person in the Level 2 is busy working all the time with focus to increase his wealth. From this level, it is unthinkable to move on to a level where one has to work without any focus on the result. This movement is initiated and sustained through proper teaching of a competent teacher gained by the individual as an invisible result of his past good actions.

The intelligence grows manifold in this level because the work is done for the sake of work. There is much more involvement in the work and people reach greater heights of performance.

**Statement 60:** Religion prepares the mind of the people to receive the ultimate knowledge.

**Religion prepares the mind of the people (to receive the ultimate knowledge) by making them work for the sake of work and not for the result.**

Everyone in this level will have a personal god to start with. They will hold on to their personal god (to the exclusion of all other gods/ religions) as the only god and follow all the traditional rituals religiously. They will take more care to do things according to the Holy Scriptures as described by their personal teachers.

As they are matured in this level, they will become more broad-minded. They will start seeing the whole world as one god. Seeing that all the religions lead the people to the same truth is the sign of maturity. When this happens people move to the next level.

**Statement 61:** All the actions by the individual are motivated by what is RIGHT and what is WRONG and not by likes and dislikes.

He ensures only right actions are done even if he dislikes them and avoid wrong actions even if he likes them. This is the effect of being religious. Because of this practice, he develops good habits, which brings him lots of unseen benefit including guidance of a good teacher.

His mind then matures and gets ready to receive the highest level of truth.

A well-prepared mind becomes fit to receive the ultimate knowledge and enters this level. Serious enquiry into the nature of God is the focus of all actions in this level.

There are three distinct steps in this level.

First Step is to understand the true meaning of the Holy Scripture

Second Step is to reflect on the new knowledge and gain doubtless clarity

Third and final Step is to become steady on the knowledge in all the actions

**Statement 62:** Religion gives the ultimate knowledge to the prepared mind.

**Thus the religion, which** prepared the mind of the individual in the previous three levels, **gives the ultimate knowledge through Holy Scriptures** in this level. Once this is done, the individual from the state of Self Dependence becomes fully independent.

The serious enquiry reveals the truth that the nature of self and god are identical. It requires great wisdom to assimilate this truth. It takes time, effort and hard work to move from God Dependence to Self Dependence for happiness, peace and security.

At this level, people follow the traditional rituals and religious practices with full awareness of the significance behind them. Although they do not have to follow them since they already have the benefit out of them, they do it more for setting an example to the rest of the society and not for any personal benefit.

**All the actions by the individual are guided by the REALITY and UNREALITY.**

He no longer gets himself attached to the RIGHT action as he is used to do in the previous level. Performing right actions are only a means to an end. Right actions by themselves will not take him to the final destination

Nevertheless, by nature (acquired through the habits formed in the previous level) he does only the right actions and avoids wrong actions. However, he knows their limitations and strives to discriminate between the reality and falsehood with the help of his teacher/ Holy Scriptures.

In addition, his likes and dislikes are modified during the past two levels. At this level, he likes what is right and dislikes what is wrong naturally.

**Statement 63:** Only right actions are liked and the wrong actions are disliked naturally.

## Lesson 23: Independence (The final destination)

Session: E33

The basic three goals of all living beings are (a) to be Immortal, (b) to be joyful and (c) to gain more intelligence. All these goals are finally achieved in this level. After reaching this level even the Holy Scriptures are not required for the individual.

His actions are termed as action less action because they are done without any specific personal goal.

In Level 1 action is done for survival and little more for religious rituals.

In Level 2 action is done for accumulating wealth/ name/ fame/ power etc

In Level 3 action is done for preparing the mind to receive the ultimate knowledge

In Level 4 action is done for receiving the ultimate knowledge.

In Level 5 since all the goals of life is achieved, action is done without any purpose. It is quite alright if the individual withdraws from the society and does not do any action as well. It is equally alright if he is very busy in material pursuit.

All the religions in the world are focused to move the individual upto this level where he realizes that he is the knower whose nature is immortal and joyful. He is Ever Witnessing Joy.

This is conveyed by all the four major holy scriptures of the world.

Hinduism: You Are That.

Buddhism: Be a light to yourself

Islam: There is nothing but god.

Christianity: The kingdom of heaven lies within you./ The truth sets you free.

The essence of all the religions is to make the human beings intelligent enough to understand that he is fully capable of removing all the miseries of the world and live joyfully forever.

**All the actions by the individual are firmly rooted in the reality.** He is aware that all his actions pertain to the false universe and therefore will not affect his real self. He will continue to have likes and dislikes which is the result of his accumulated personality but they will be by nature beneficial to all the living beings.

**Statement 64:** All actions are done out of happiness and not for happiness.

**Unit 05****Benefits of learning****Number of Sessions 3**

(35 to 38)

**Number of Lessons 3**

(24 to 26)

On completion of this Unit, the student will be able to

- (a) Understand the benefits of knowing the answers to the Eternal Questions.
- (b) Provide appropriate answers to those who are not in a position to understand the complete answers for the Eternal Questions.

**Notes to the teacher:**

Prior to starting this module, the teacher should develop a test to assess how joyful the students are living. The same scale/ scoring system should be used to assess the benefits after completing this module.

The benefits gained by the individual students should be assessed and guidance should be provided for the next steps.

**Unit Test:****Session E38**

1. Describe how people belonging to various levels of intelligence view the Eternal Questions. (Lesson 24)
2. What are the answers to the Eternal Questions? (Lesson 25)
3. How long it will take someone to learn the answers.
4. What are all the benefits one will get by knowing the answers to the Eternal Questions?
5. Describe the difference in the behavior of people before and after getting knowledge, giving your own example. (Lesson 26)

The questions on the Universe, God and life are perceived differently at various levels as described below:

**Statement 65:** Animals do not ask such questions.

**Statement 66:** At Level 1, these questions are not comprehended.

All events that could not be explained are attributed to God. For example if there is a viral fever that affects a group of people, it is viewed as a curse of the God.

**Statement 67:** At Level 2, these questions are considered irrelevant.

There is no role of God. If there is, it is considered irrelevant. The universe as we perceive exists and we need to learn only that part which will enable us to shape up our future. We need to develop science and technology to understand the nature of universe for the sole purpose of controlling it.

Everything depends on the self-effort. Individual is distinct from the universe. The universe exists for the benefit of the individual. Human being should control the universe in such a way that every individual lives for a long time without any problems.

**Statement 68:** At Level 3, these questions cannot be answered.

The focus is shifted from individual to God. Individual is just an insignificant part of the universe. It is necessary to respect and serve the nature in order to get the blessing of the god, which is the only way for the continued substance and growth of human beings. Man can know the answers of these questions only through the grace of god.

**Statement 69:** At Level 4, answers to these questions are highly relevant.

The focus is to understand who is God. Through the self-effort supported by God's grace (in the form of a teacher), answers to all the questions could be learnt. This will make a person independent.

**Statement 70:** At Level 5, answers to all such questions are known. Because of this knowledge, independency is achieved and the result is Joyful Living.

**Statement 71:** If one is not able to find the answers, then one has to work to gain more intelligence.

The only reality is ONE, which is nameless, form less, attribute less whose nature is Truth, Consciousness and Infinite.

ONE manifests the universe just as a magician creates an illusion.

All the living beings are the reflection of ONE and they are eternal.

The universe is manifested and dissolved in a continuous cycle just like day and night. (Scientifically this is called expansion that follows a Big Bang and contraction into the singularity) All the living beings go back to the seed form during dissolution.

The living beings are constantly involved in action. The actions of the human beings invariably bring back results to them.

Just as we wake up after the night sleep to enjoy the world around us, when it is time for all the living beings to enjoy the fruits of their action, the universe is manifested. From the seed form, all the living beings involve into subtle form. At appropriate stage of evolution, they take gross form.

After one lifetime, the gross body is discarded and depending on the actions done during the birth, new gross form is taken in the next birth. The cycle of birth and death continues until the next dissolution of the universe into singularity.

Thus, the entire creation is caused by human actions. The universe is sustained by the continued actions of the living beings. God has no role to play in determining the actions or results of the actions of human beings.

When living beings migrate from one life to another or from one phase of manifestation to the next, they carry with them the entire package of

1. Accumulated results of good/ bad actions
2. Accumulated Intelligence
3. Accumulated Personal Preferences (Personality)

The Holy Scriptures are thus part of the accumulated knowledge of few individuals to whom the scriptures are 'revealed' during the initial phases of creation.

**Statement 72:** Answers to the questions will lead us to Joyful Living. Because we know that, the whole universe is an illusion it will be joyful to live.

It is essential that everyone go through the different steps in order to reach the destination of enlightenment. This takes several births.

The life style of the person will change drastically if the person has already gone through most of the stages in the previous birth.

Example: Buddha left the kingdom at the age of 24 and become a monk. This is so because he has completed most of the steps before taking the current birth. His accumulated results of good actions lead him to be born in a kingdom. He was ignorant of his potential and the destination because he was not exposed to the realities of the world. In his previous birth, he would have desired to live joyfully. Since he could afford a princely life, he was born to a king. In addition, as desired he lived a joyful life, which is artificially created by his father by shielding him from the miseries of the world. When he is exposed to them, he realized that he is also destined to become old and suffer death. Therefore, he abandoned his royal life and become a monk in search of the truth.

After attaining the true knowledge, he could have returned to the kingdom if he had thought that is the better way to spread his message. He continued to be a monk because he did not want to digress his efforts into governing the country. He wanted to spend all his time and energy into directly helping people to reach enlightenment.

Thus, his life style is completely different before and after enlightenment

On the other hand, King Dasaradha attained enlightenment while continuing his duties as king. Therefore, he did not feel the need to abandon his royal life in order to serve the people. He chose to serve the people according to their level of maturity, which did not warrant him to become a monk.

Thus, his life style did not change at all before and after enlightenment

These two were extreme cases. Most of the people who are currently in hot pursuit of money are capable of gaining enlightenment within this lifetime. Attainment of enlightenment is much faster in the present day compared to olden times. Therefore it is expected that the life style is briefly changed while one slows down in material pursuit and turns his attention towards spirituality. One has to spend a considerable length of time in spirituality before reaching enlightenment. Once enlightened, one has the option to choose the life style.

However, the only 'duty' of an enlightened person is to help others to progress in their pursuit of true knowledge. However, one has the freedom to do this task according to one's own preferences and there are no restrictions on the method/ life style.



Therefore it may not be possible to determine if a person is enlightened or not by observing the life style.

A typical event/ situation in a day-to-day life may be same for an ignorant and the enlightened person belonging to the same life style. The actual process of how it affects both of them is compared below.

The situation: Someone beats him on his shoulder from behind.

<b>Event/Process</b>	<b>Ignorant Person</b>	<b>Enlightened person</b>
Physical Effects/ Reactions	Depends on the physical body's health/ status	Depends on the physical body's health/ status
Assessment why he was beaten up	Depends on the level of intelligence	He understands the reason much more quickly because his level of intelligence is high
If it is an appreciation	Very happy	Happy
If it is a warning by an enemy	Depends on the level of intelligence  At lower level: Gets angry and reacts according to his mental strength/ mood without much concern of the outcomes  At higher level behaves more maturely but still get affected by the incident	Does not get upset/ angry but quickly understand how to come out of the situation.  He has no real enemies but he may be perceived as an enemy by the others.  Therefore appropriate action is taken to normalize the situation
Immediate reaction	Depends on the personality and the intelligence level	Depends on the personality only (since the level of intelligence is high)
What happens after the event	It stays in the mind for a long time. At lower level of intelligence it might lost for a life time. More maturity means it stops bothering sooner.	It stays long enough to decide on the future course of action  - to avoid repetition of the action  - to help the 'enemy' to gain more knowledge

Future impact	At lower level of intelligence: Heavy damage if not controlled by wise people around  At higher level the impact is minimum	None
---------------	---	------

# Module: F

## Essence of Picture of Life

### **Contents:**

Unit 01 The Big Picture

Unit 02 Analysis of the scenario

Unit 03 Delusion

Unit 04 Enquiry

Unit 05 Building Blocks of Joyful Living

Unit 06 Benefits of the Enquiry

UNITS	LESSONS	STATEMENTS	Session	Page No
01 The Big Picture		(6.01 – 6.27)		275
	01 Why are we here?		F01	276
	02 Creation of the big picture		F02/3/04	277
		<b>01</b> White canvas is real. Picture drawn on it is imagination. ONE is the only reality. The universe, which is superimposed on it, is an illusion.		277
		<b>02</b> The straightened white cloth represents GOD (ONE with Illusion).		278
		<b>03</b> The outline drawn on pencil represents the subtle universe. (Subtle bodies of all living beings)		278
		<b>04</b> The color picture represents the universe.		278
		<b>05</b> The universe is our imagination and does not exist in reality.		279
	03 The Real Cloth Vs Imaginary Cloth		F05	280
		<b>06</b> Thus there is nothing but ONE.		280
	04 Living beings Vs Inert objects		F06	281
		<b>07</b> Living beings have subtle body that reflects the knowledge aspect of ONE. Inert objects do not have this capability.		281
	05 Human beings Vs Other living beings		F07	282
		<b>08</b> All the living beings are conscious and human beings are self-conscious.		282
	06 ONE is portrayed as multiple living beings		F08	283
		<b>09</b> We have choice to identify ourselves with ONE or with the body/mind complex.		283
	07 Comparing ONE and Self		F09	284
		<b>10</b> The problems of the world cannot affect ONE, our real self.		284
	08 Comparing ONE and the Universe		F10/11	285
		<b>11</b> The IS ness of the universe is borrowed from ONE.		285
		<b>12</b> The consciousness of the living beings is borrowed from ONE.		286
		<b>13</b> The happiness of the human beings is borrowed from ONE		286
		<b>14</b> We need to discriminate between the real ONE and its reflection EGO		287
	09 Answer to the question “Why are we here?”		F12	288
		<b>15</b> We are here to live life joyfully.		289
UNIT TEST			F13	275

UNITS	LESSONS	STATEMENTS	Session	Page No
02 Analysis of the scenario				290
	10	What should we do?	F14	291
		<b>16</b> Recognize that we are leading a miserable life.		291
		<b>17</b> Know that it is possible to get liberated from all miseries of the world and live joyfully forever		291
		<b>18</b> Identify that the root cause of all the miseries is Ignorance		291
		<b>19</b> Understand that the knowledge is the only solution.		292
		<b>20</b> Realize that the enquiry is the only way to gain Knowledge		292
		<b>21</b> Ensure consistent, continuous and complete enquiry.		292
	11	Analysis of Self, Universe and GOD	F15/19	293
		<b>22</b> ONE can be compared with space.		294
		<b>23</b> Our physical body can be compared with a pot.		295
		<b>24</b> Our subtle body can be compared with the water in the pot.		295
		<b>25</b> The real meaning of 'I' (Self) can be compared with the Pot-Space.		296
		<b>26</b> The literal meaning of 'I' (EGO) can be compared with the Reflected-Space in the pot water.		297
		<b>27</b> The illusion can be compared with the clouds.		298
		<b>28</b> GOD can be compared to the Reflected Space in the clouds water.		298
UNIT TEST			F20	290
03 Delusion				299
	12	The root cause of all the miseries	F21	300
		<b>29:</b> EGO and ONE are very similar and therefore the confusion between them is of very high order, called as Delusion.		301
	13	Confusion between EGO and ONE	F22	302
		<b>30</b> The confusion between the EGO and ONE can be removed only when we enquire into the nature of Delusion.		302
	14	Two functions of Delusion	F23/24	303
		<b>31</b> Delusion distorts the meaning of the words THIS and IS in the sentence "THIS IS A MAN"		303
		<b>32</b> Delusion projects a wrong meaning to the word MAN in the sentence "THIS IS A MAN"		303

<b>UNITS</b>	<b>LESSONS</b>	<b>STATEMENTS</b>	<b>Session</b>	<b>Page No</b>
03 (Cont)	14 (Cont)	<b>33</b> In the sentence "THIS IS A MAN", the word THIS refers to ONE.		304
		<b>34</b> In the sentence "THIS IS A MAN", the word IS refers to ONE.		305
		<b>35</b> In the sentence "THIS IS A MAN", the words A MAN refers to ONE but we mistake it for the limited body/mind complex of the person.		305
	15	The effect of the Delusion	F25	306
		<b>36</b> We are holding lower level of truth with respect to Self, GOD and the Universe.		306
	16	The reason for the Delusion	F26	307
		<b>37</b> We have not studied systematically the truth of Self, GOD and Universe. This is the reason for Delusion. No one taught us the truth.		307
	17	Stages of Delusion with respect to Self	F27/33	308
		<b>38</b> At the first stage, we think, "I am the body"		308
		<b>39</b> In the second stage we wonder, "Am I the sense organs/ action organs?"		310
		<b>40</b> In the third stage we assume, "Prana is the life force, which keeps my body alive."		311
		<b>41</b> At the fourth stage, we are almost convinced, "I am my mind"		312
		<b>42</b> In the fifth stage, we declare, "I am the Intelligence"		313
		<b>43</b> In the sixth and final stage we conclude, "I am the Ego"		314
	18	Stages of Delusion with respect to GOD	F34/36	315
		<b>44</b> In the first stage, people believe that there is no god.		316
		<b>45</b> In the second stage, people see god as an invisible power, which is the intelligence cause of the universe.		316
		<b>46</b> In the third stage, people believe the god has specific form, and has immense power.		316
	19	Stages of Delusion with respect to Universe	F37	318
		<b>47</b> There are no stages. Everyone believes that the Universe exists.		318
	20	Removal of Delusion through enquiry	F38/39	319
UNIT TEST			F40	299

<b>UNITS</b>	<b>LESSONS</b>	<b>STATEMENTS</b>	<b>Session</b>	<b>Page No</b>
04 Enquiry				321
	21 Enquiry on the existence of the universe		F41	322
		<b>48</b> It is scientifically proved that the universe does not exist. It is an illusion		322
	22 Enquiry on the Self		F42	324
		<b>49</b> I am the only reality.		325
	23 Practical on Direct and Indirect Knowledge		F43/44	326
		<b>50</b> If we understand the nature of ONE perfectly and say ONE IS THERE, it is indirect knowledge.		328
		<b>51</b> If we claim I AM ONE, after understanding the nature of ONE, it is direct knowledge.		328
		<b>52</b> Without the indirect knowledge, direct knowledge is impossible.		328
		<b>53</b> Without the direct knowledge, indirect knowledge is incomplete.		328
	24 Enquiry on the nature of Universe		F45	329
		<b>54</b> 'Universe exists for real. It is an absolute truth' – Common man		329
		<b>55</b> 'Universe appears to exist but on enquiry, it does seem to exist'. Therefore, it is impossible to say whether it is real or false. It is a mixture of both. – Intelligent man		329
		<b>56</b> Universe does not exist at all. It is just like a dream. – Enlightened Man		329
	25 Enquiry into the nature of our problems		F46	330
		<b>57</b> On deep enquiry, we find that our problems do not exist at all.		330
	26 Enquiry into the nature of inanimate objects		F47	331
		<b>58</b> Enquiry into the nature of inanimate objects		331
	27 Results of the Enquiry on Self and the Universe		F48	332
		<b>59</b> Depending on the depth of the enquiry and the intelligence of the person, each one will hold different I levels of truth.		333
	28 Practical – Role of discrimination		F49	334
	29 Practical – Inexplicability of the universe		F50/53	335
	30 Enquiry on god		F54/55	338
		<b>60</b> There is nothing but GOD.		340

<b>UNITS</b>	<b>LESSONS</b>	<b>STATEMENTS</b>	<b>Session</b>	<b>Page No</b>
04 (Cont)	31 Nature of GOD according to logic		F56/57	341
		<b>61</b> GOD is the macro reflection of ONE, which includes the entire universe.		342
	32 Nature of GOD according to scriptures		F58/61	343
		<b>62</b> GOD is Omnipotent		343
		<b>63</b> GOD is Omniprevalent		344
		<b>64</b> GOD is Omniscient		345
		<b>65</b> GOD is Omnipresent		347
	33 Enquiry on the relationship between GOD and ONE		F62/64	348
		<b>66</b> ONE is the only reality. GOD is an illusion of ONE at the macro level and does not have independent, absolute reality.		349
	34 Enquiry on the relationship between EGO/Self/ONE		F65	351
		<b>67</b> ONE is the only reality. EGO is an illusion of ONE at the micro level and does not have independent, absolute reality.		351
	35 Enquiry on ONE		F66	353
		<b>68</b> Through enquiry, we can find out that ONE is beyond enquiry.		355
		<b>69</b> I am the experiencer and therefore I am the ONE.		355
	36 Enquiry on Magic and Miracles		F67/68	356
		<b>70</b> Magic is no longer a magic if the process of the act is understood.		356
		<b>71</b> Miracle is no longer a miracle if everyone can do it.		356
	37 Enquiry on the Omniprevalent capability of GOD		F69/73	358
		<b>72</b> There is no free will. Everything happens according to god's will.		358
		<b>73</b> There is no god's will. Everything happens according to our free will.		360
		<b>74</b> There is no contradiction between god's will and Free will.		360
		<b>75</b> Our will power plays a vital role in shaping our future.		362
	38 Enquiry on Omnipotent Vs Omniprevalent		F74/75	364
		<b>76</b> No guilty feeling about the past and no anxiety of the Future		365
		<b>77</b> We do not have any responsibility to achieve anything in life.		365
		<b>78</b> We can do all our actions without any desire or attachment.		365



UNITS	LESSONS	STATEMENTS	Session	Page No
04 (Cont)	39 Enquiry on the oneness of Self		F76	366
		<b>79</b> All of us are one and we are all ONE.		367
	40 Enquiry on reality of Self		F77	368
	41 Enquiry on the result of our enquiry		F77	369
		<b>80</b> We are experiencing the illusory nature of the universe.		369
		<b>81</b> I am the changeless experiencer who is aware of all the changes.		369
	42 Enquiry on length of the enquiry		F78	370
		<b>82</b> If we understand the joyful nature of the enquiry process, we will not enquire on the required length of time.		370
	43 Summary – Enquiry (Practical)		F79	371
UNIT TEST			F80	341
05	Building blocks of Joyful Living			372
	44	Three Building Blocks	F81	373
		<b>83</b> Dispassion (Non-attachment to any object)		373
		<b>84</b> Equanimity (A calm and composed mind)		373
		<b>85</b> Right Knowledge (I am the only reality)		373
	45	Defining Dispassion	F82	374
		<b>86</b> Dispassion is an internal mental understanding and does not warrant any changes in the behavior in the external world.		374
	46	Developing Dispassion	F83/85	376
		<b>87</b> Developing complete dispassion is possible only if complete Right Knowledge is gained.		377
	47	Dispassion Vs Desire for worldly pleasures	F86/87	379
		<b>88</b> Desire for enjoying the worldly pleasure is an obstacle to develop dispassion.		380
		<b>89</b> After developing complete dispassion, one can possess and enjoy all the worldly pleasures without any limit, since the desire will be absent		380
	48	Explaining Equanimity	F88	381
		<b>90</b> Following a daily routine and not allowing the mind to function the way it wants is an essential requirement to progress on equanimity.		381

UNITS	LESSONS	STATEMENTS	Session	Page No
05 (Cont)	49 Eight Enablers of Equanimity		F89/98	382
		<b>91</b> Abstain from five evils that are prohibited by Holy Scriptures		382
		<b>92</b> Observe the five noble deeds suggested in Holy Scriptures		383
		<b>93</b> Do regular physical exercise to keep fit.		384
		<b>94</b> Do regular breathing exercises as prescribed.		384
		<b>95</b> Turn inwards by withdrawing from the external world.		384
		<b>96</b> Develop the ability to concentrate or mindfulness.		385
		<b>97</b> Maintain the focus of the mind on the chosen theme		386
		<b>98</b> being steady on the knowledge that I am ONE.		386
	50 Enhancing Equanimity		F99/100	387
		<b>99</b> Achieving complete equanimity is the most difficult task and will take comparatively very long time.		389
		<b>100</b> The level of Joyful Living is determined by the level of equanimity achieved.		389
	51 Gaining the Right Knowledge		F101	390
		<b>101</b> Right knowledge is gained by Inquiring and Introspecting the knowledge provided by the Holy Scriptures.		390
	52 Role of the Right Knowledge		F102	391
		<b>102</b> Right knowledge is the easiest of the three blocks and it supports the development of other two.		
UNIT TEST			F103	372
06 Benefits of the enquiry				393
	53 Practical - Freedom from miseries		F104/05	394
		<b>103</b> Enlightened persons will have non-binding desires.		397
	54 Practical – Joyful Living		F106/07	398
		<b>104</b> The pain belongs ONLY to the body.		398
		<b>105</b> Emotions belong to ONLY to the mind		399
		<b>106</b> The process of gaining steady knowledge is Joyful		403
		<b>107</b> In life, there are no more problems and crisis. All of them are just situations that are to be dealt with appropriately.		406
		<b>108</b> On attaining enlightenment, people will appear to be normal for external perception, but internally they will have non-diminishing happiness, everlasting security and undisturbed peace.		407
UNIT TEST			F108	393

**Unit 01****The big picture****Number of Sessions: 13  
(01 – 13)****Number of Lessons: 9  
(01 – 09)**

On completion of this unit, the student will be able to

- (j) Get the big picture of the universe
- (k) Identify the differences between humans, living beings and inert objects
- (l) See the oneness of the universe

**Notes to the teacher: (Ref 6.1 and 6.17 of the original text)**

The painter should be equated to GOD while explaining the picture.

The multiplicity and higher/lower gradation among creation is our own creation in our mind.

The sun light is reflected both on a stone and on a mirror. Mirror reflects the sunlight stone does not. Similarly, both human being and an inert object have the consciousness but only living beings have the ability to reflect it. Mirror can use the reflected sunlight to illumine objects. Similarly, living beings can use the reflected consciousness to know the objects.

There is an issue in extending the picture example. In the picture, the animals do not have dress. However, this should not lead to the wrong conclusion that animals do not have reflected consciousness.

**Unit Test:****Session: F13**

- 30. What is the only goal for all human beings? (Lesson 1)
- 31. What is the difference between Joyful Living and living happily?
- 32. Explain the four steps described in the creation of the picture. (Lesson 2)
- 33. How these four steps are related to the creation of the universe?
- 34. What is the specialty of the dress worn by the human beings? (Lesson 3)
- 35. What is the difference between living beings and inert objects? (Lesson 4)
- 36. What is the difference between human beings and other living? (Lesson 5)
- 37. What is the choice we have to exercise regarding our real self? (Lesson 6)
- 38. How it is said that the problems in the world cannot affect us? (Lesson 7)
- 39. How is ONE being projected as the entire universe? (Lesson 8)

We have a lifetime to live. There are many ways to lead the life. The question 'How to live the life?' can be answered only if we know the answer to the question 'Why are we living?'

Example: There are many ways to write a computer program. It is not possible to arrive at the best way of writing the program unless the purpose of the program is clear.

There can be many ways of writing a program and most of them can be classified as good programs as long as the stated purpose is achieved.

Similarly, in life there are many ways of living life. Nevertheless, there is only one purpose of living, which is applicable to all the human beings.

The only goal of all the human beings is to live joyfully.

Many people may claim that they are already living joyfully. This is not true. People are happy when the environment around them is favorable. They become unhappy when the situation changes for worse. This is not joyful living. In fact they are unknowingly sowing the seed of suffering when they enjoy life.

The key to joyful living is the removal of attachment. When people enjoy life they get attached to the objects that they enjoy. This attachment will bind them to the object. Everything in the universe is under perpetual change. Therefore, without exception, everyone's life will be a mixture of the pairs of the opposites. Prosperity and poverty will alternate. Fame and blame will alternate. Love and hate will alternate. Health and ill health will alternate.

There is no difference between man and animal if he also oscillates between happiness and sorrow depending on the environment. One has to learn to remain joyful all the time. This is achieved by enjoying life without attachment. It is like watching a movie and enjoying the ups and downs in the story. One can do this easily because one is not attached. It is possible to enjoy life in the same way.

True joyful living means living happily all the time irrespective of what happens in the external world. Unless one has the big picture of everything, this is not possible. The big picture will reveal the true identity of self, fellow human beings, other living beings and inert objects in the universe. In addition one will understand God and the nature of creation. When this big picture is grasped then one will not be attached to any object in the world. Therefore, it will be possible to live joyfully.

In order to achieve Joyful Living, one should have complete grasp of the environment in which one lives. We see that we are living in a vast universe and we keep wondering about the creator of this universe.

The total scenario comprising of self, other living beings, universe and god is explained here by comparing them with a picture drawn on a white cloth.

There are four steps to create a big color painting of natural scenery with people, animals, rivers, mountains and sea on a canvas as detailed below.

**Step 1: A big pure white cloth is taken for drawing a picture.**

The big white cloth is hung on a wall (or imagine the blank white screen in a cinema theater) and if anyone is asked the question ‘What do you see?’ the answer will be ‘Nothing’. If there is a black dot on the white cloth then people will respond, ‘I see a small black dot’.

Thus, generally, the white cloth is not seen at all or its presence is ignored. However, when someone answers ‘Nothing’, if it is pointed out that they are seeing a white cloth then they will acknowledge its presence.

The white cloth is the basis on which the painting will be drawn. When a picture is drawn, people will see the picture but will continue to ignore the cloth.

The big pure white cloth represents the ONE.

ONE has no name or attribute. It cannot be described by words.

ONE supports the universe. One is the only reality and the universe is an illusion

People recognize the existence of the universe but they do not recognize the basis on which the universe is created.

It is easy for the people to recognize the existence of the blank white cloth, once pointed out. It is difficult for them to perceive the presence of ONE. As the picture is covering the entire white cloth, the universe is covering the ONE. In fact the only way to infer the existence of ONE is by observing the presence of the universe but unfortunately, for most people it acts as a curtain covering ONE.

It requires high level of intelligence to figure out the existence of ONE by enquiring the real nature of the universe.

**Statement 1:** White canvas is real. Picture drawn on it is imagination. ONE is the only reality. The universe, which is superimposed on it, is an illusion.

**Step 2: The white cloth is straightened.**

It is not possible to draw the painting on a white cloth unless it is held straight. Therefore, the second step is to starch the white cloth and fix it tightly without wrinkles or folds. Once this is done the painting work can begin.

ONE in its pure form is not capable of any action. It has an inherent power called Illusion. ONE along with this expressed power of Illusion is called GOD. GOD is now ready to support the manifestation of the universe.

**Statement 2:** The straightened white cloth represents GOD (ONE with Illusion).

**Step 3: On the straightened white cloth an outline of the picture is drawn.**

The first step in the creation of the color picture is to draw the outline of the proposed objects like people, animals, rivers, mountains and sea.

The boundaries of these objects are drawn using light black color paint. This can be clearly seen on the white screen. However, once the painting is completed the outline is not visible. The color painting is superimposed on the outline thereby the latter is pushed into oblivion.

ONE, using the power of Illusion creates an outline of the proposed universe. This outline represents the universe in subtle form. It is essential to support the gross form but it is not perceived when the gross universe is manifested, just as the outline is not seen after the painting is completed.

**Statement 3:** The black outline represents the subtle universe.

When someone looks at a completed picture, the outline is not noticed. If it is explained that the outline was drawn prior to the painting then it can be intellectually perceived.

Similarly, the subtle universe exists but not perceived by people using the five sense organs. Nevertheless, it can be comprehended intellectually.

**Step 4: Appropriate colors are painted within the outline.**

Once the white cloth is ready with the outline, different color paints are applied and the outline is filled up with appropriate colors to represent the various objects like people, animals, rivers, mountains and sea.

Similarly, from the subtle form, universe is manifested in to gross form (which can be perceived by the five senses)

**Statement 4:** The color picture represents the universe.

There are different colors of paints that make up the picture. In the case of universe, there are just five, which make up the universe. They are space, air, fire, water and earth.

When people look at the paint in the container, they will identify them as paints. However, once the paint is applied on the white cloth, it is no longer recognized as paint but as objects. Suppose in the picture a crow is drawn, people do not see it as a patch of black paint in a birds shape. They recognize it as a crow.

Similarly, the five elements in various combinations appear as living beings and inert objects in the universe. People do not recognize them as such when they look at them. They start seeing human beings, animals, birds and inert objects like sand, mountain, river etc.

A blue paint is used to paint the river and it is also used to paint the water that flows in a gutter. People who look at the painting will like the water in the river and dislike the water in the gutter. Nevertheless, the truth is there is absolutely no difference in the blue paint, which is used to paint both.

Similarly, all the living beings and the non-living beings are depicted in the universe by the use of the very same five elements in various shapes and sizes. Nevertheless, we see them as different entities. We like/dislike some of them.

The entire picture is made up of paints. There is nothing on the white cloth, which is other than the paint.

Similarly, the universe is made up of five elements only. There is nothing in the universe, which comprises of anything other than the five elements.

When we look at the picture, we are looking at the paint in various shades and colors. We like or dislike some objects in the picture. Although we are aware that the picture is just paints, still we see different objects.

Similarly, in the world, we like or dislike certain objects/ persons/ living beings, although all of them are made up by various combinations of the five elements.

In case of the picture, we are aware that all the objects are made up of paints. However, we lack this awareness with respect to the world due to our ignorance.

In other words, when we see the paints we imagine a picture and see differences among the objects.

Similarly, when we see the combination of the five elements in the universe, we see imaginary objects/ persons/ living beings but believe that they are all real.

**Statement 5:** The universe is our imagination and does not exist in reality.

### Lesson 3: The Real Cloth Vs Imaginary Cloth

Session: F05

When we look at the picture, which contains many objects and living beings, we give special status to human beings. The only distinctive feature of the human figures is that they wear dresses unlike any other object in the picture.

The picture is drawn on a big white cloth. This white cloth is the only real cloth.

In the picture all the human beings are covered by cloth (dress). When we look at the human beings in the picture, we observe different types of dresses worn by men, women and children. We talk about these dresses as if they are made up of real cloth. The only real cloth is the cloth, which is the basis of the entire picture. However, whenever someone refers to the cloth our attention does not go to the entire picture but only to the specific color of painting drawn as dress of the human beings.

If we hear a command 'touch the cloth', we can touch the river or the mountain and claim that we have touched the cloth. However, that does not happen. We look for human beings on the painting and then touch the dress worn by them. Thus, we are ignorant of the existence of the real cloth and carried away by the paint that is depicted as a dress on the human beings in the painting.

The real cloth is ONE.

The imaginary cloth is on the human being.

We can take the cloth (on which the painting is done) and use it as our dress since it is real. The dress worn by the human being in the painting cannot be used as our dress because they are part of the imagination created through the illusion of painting.

Similarly, ONE alone is real. The numerous human beings that we see on the face of the earth are not independent of ONE. They appear to be independent (not only from ONE but also from each other) due to the illusion created by the power of ONE.

The river, mountain and animals in the picture do not have dress but still they are also in essence the illusion created by the paint drawn on the very same real cloth.

Similarly, everything in the universe is made up of the illusory elements sustained by ONE, which is the only reality.

**Statement 6:** Thus there is nothing but ONE.



## Lesson 4: Living beings Vs Inert objects

Session: F06

In the picture, all objects are made up of the color paintings only. Nevertheless, we see some objects (human beings) wearing a dress (cloth) which resembles the original cloth that support the entire picture. The rest of the objects do not have dress. However, from the point of view of the white cloth there is no such difference. It lends support by providing the cloth to all objects without any discrimination.

Similarly, in the universe all the objects are made up of five elements. Nevertheless, the living beings alone resemble ONE, which supports the entire universe. The inert objects in the creation do not reflect ONE. Nevertheless, all of them (both living beings and inert objects) are imaginary caused by the illusion and the only reality is ONE.

The real cloth is all pervasive and it spreads across the entire picture. Similarly, the ONE is all pervasive and spread across the entire universe.

The cloth made up of paint is available only on the human figures in the painting. Reflection of ONE is clearly seen only on the human beings.

The cloth worn by the human figures is not independent of the real cloth. Human beings are not independent of the ONE.

The human figure in the picture is constituted by

- Paint that looks like his body – This is an illusion created by paint
- Paint that looks like the cloth – This is an illusion created by paint
- Cloth (The real cloth that supports the painting) – This is the only reality.

The human being in the universe is composed of

- The body – This is an illusion created by the five elements
- The mind – This is also an illusion created by the five elements
- The reflection of ONE (Cloth) – This is the effect of the illusion
- ONE (On whom the universe is superimposed) – This is the only reality.

All other inert objects like river and mountain are also made up of paint supported by the real cloth but they do not have the paint that look like the real cloth. Similarly, in the creation while all the inert objects are created by the five elements they do not reflect ONE due to the absence of the mind.

**Statement 7:** Living beings have subtle body that reflects the knowledge aspect of ONE. Inert objects do not have this capability.

ONE using the inherent power of illusion, manifests the universe comprising the three strands of AEM, namely Aura, Energy and Matter.

All the objects (Human beings, other living beings and inert objects) in the creation are made up of different proportions of AEM. The proportion of AEM in the living beings is such that it has the capability to reflect the consciousness aspect of ONE. Therefore, they appear to be alive.

Among the living beings, only the human beings are that they are conscious and claim an independent identity as an individual. Unlike other living beings they are self-conscious.

**Statement 8:** All the living beings are conscious and human beings are self-conscious.

This feature is the basis of our ego.

The ego converts the thoughts (which are the representation of the universe perceived through the five senses) as desires.

The power to desire is the distinct power, which makes the human beings superior to all other living beings. Animals and plants live based on their instincts. When they feel hungry, they look for food. They have enough knowledge to survive and they have enough capabilities to convert the knowledge into action to fulfill the need of survival and reproduction.

In case of the human beings both the power to know and the power to act are driven by the power to desire. Desire is the motive power to know and to act, which is the privilege available only with human beings.

Just as the original cloth supports multiple types of cloths (on the different human figures) through the illusion created by the paint, in the universe the single ONE is depicted as multiple living beings through the illusion.

In reality, there is only one cloth. Similarly, in reality there is only one ONE.

The perceived cloths in the picture are of multiple types. Each cloth has different shapes (like shirt, frock, saree etc) and different colors. Some of them are torn and dirty. Others look nice and bright. But the real cloth is pure white without any wrinkles or holes.

Similarly, in the universe the living beings are of multiple types. Each one is looking different. In addition, some are suffering and others appear to be happy. But the ONE, which is the foundation, is ever witnessing joy.

There could be a dress on a particular human figure in the picture, which is of pure white in color. In other words if we look at the dress of that particular human figure, we realize that there is absolutely no difference between the real cloth and the superimposed cloth. The real cloth serves as the false cloth.

Thus, there are some human beings who identify themselves fully with ONE become ONE. Others are unaware of the fact that they are also the very same ONE and therefore suffer.

**Statement 9:** We have choice to identify ourselves with ONE or with the body/mind complex.

Example: An electric bulb is useless without electricity.

A glowing bulb can identify itself with the glass/ filament and feel small.

Alternatively, it can identify itself with the electricity and feel great.

The truth of the glowing bulb is the combination of two different entities namely glass/filament AND electricity.

In case of human being, there is only one entity, ONE. The body/mind complex is made out of power of illusion which reflects the consciousness aspect of ONE. Therefore, he has no choice but to identify himself with ONE. Without knowing this fact, many identify themselves with the body/ mind complex and feel small. When we realize that we are nothing but ONE, we ignore the universe.

Example: If the glowing bulb identifies itself with electricity, it does so with electricity that is common to all electrical gadgets. A 'wise' refrigerator may also identify itself with the very same electricity. There is no separate 'bulb electricity' and 'refrigerator electricity'.

Similarly, though we are all apparently different, we should identify ourselves with the very same ONE, which supports the universe.

Since there is a similarity between the original cloth and the painted cloth, we make a mistake of assuming the properties of one on the other. For example, the painted cloth might be dirty or wrinkled. Nevertheless, the original cloth is pure white and fully straightened. The painted cloth might give an appearance that the original cloth is dirty or wrinkled.

Similarly, the human beings reflect ONE. Since the reflection is similar to the original, we make the mistake of superimposing one's property on the other.

We assume that the human being is suffering due to poverty, disease etc. This is not true. The real human being is not touched by the miseries of the world. Just as the wrinkles on the painted cloth is an appearance which does not affect the original status of the straightened cloth, the miseries of the world belongs to the reflection and not to the original man.

ONE is Ever Witnessing Joy. Therefore, the reflection is also Ever Witnessing Joy. However, this truth is shielded from the human beings. Due to ignorance human being is constantly involved in action to achieve immortality, joyful living and to gain more intelligence. All these three are the basic nature of the human being and there is no necessity for frantic action to reach these 'goals'.

Just as the dirt on the mirror will not affect the original face, the miseries of the world will not have any effect on the original consciousness. However due to ignorance the human beings are under the impression that the dirt is on their face (and not on the mirror). As a result, they keep engaging in action to wipe the 'dirt' on the face. Their effort will be like chasing a mirage but it will give them an opportunity to gain mental maturity. Soon they will understand that their face is clean and shining all the time and there is no need to change the world.

**Statement 10:** The problems of the world cannot affect ONE, our real self.

The universe is superimposed on ONE just like the picture is superimposed on the cloth. Both the universe and the picture comprise of three types of objects, namely, human beings, other living beings and inert objects.

In the picture, human figures are depicted with cloth, which resembles the original cloth. Although the cloth, which supports the picture, alone is real, people do not see it. However, they do see the cloth on the human figures.

If there were no images of a human figures on the picture, a question “Do you see any cloth?” will draw a negative answer. However, with the images of many human figures, the same question will receive positive response. It should be noted that the positive response does not refer to the real cloth but the imaginary cloth drawn on the real cloth.

Just as the dresses of the human figures resemble the real cloth, the three-fold nature of ONE is reflected in the three types of objects in the universe.

Light and heat are two aspects of the nature of fire. These are not attributes of fire like smell is the attribute of a flower. There can be a flower without smell but it is not possible for the fire to exist without light and heat. Similarly, TRUTH, CONSCIOUSNESS and JOY are the three-fold nature of ONE. These are not attributes of ONE but they constitute the attributeless ONE.

By looking at the picture, we say, “River is here. Mountain is there”. The IS ness in all these objects is borrowed from the cloth. Only the cloth IS there and there is no real river/mountain. Similarly, the river and mountains in the universe are also an illusion. They appear to exist but the IS ness in them is borrowed from ONE. The first nature of ONE is the TRUTH which is EVER PRESENT without any change. The universe appears, changes and dissolves like the objects in a magic show. We actually refer to ONE when we say ‘River is here. Mountain is there.’ The entire universe in reality does not exist. Nevertheless, it appears to exist by borrowing the IS ness from the ONE.

**Statement 11:** The IS ness of the universe is borrowed from ONE.

When we say an object is there, we assume the IS ness is a property of an object. The fact is the IS ness is the nature of ONE and the object has borrowed this and appears to exist.

The second nature of ONE is CONSCIOUSNESS. Only the living beings in the universe reflect this nature in addition to the TRUTH. This factor differentiates living beings from the inert objects. Thus a living being is capable of reflecting two aspects of ONE namely the IS ness and the consciousness.

**Statement 12:** The consciousness of the living beings is borrowed from ONE.

The third and final nature of ONE is JOY. Only the human beings in the universe reflect all these three natures namely the IS ness, CONSCIOUSNESS and JOY. When we say, "I am happy" we imply I exist (IS ness). I am conscious and I am happiness. Thus, all the three aspects of ONE are reflected only by the human beings.

Other living beings are not self-conscious and therefore do not claim to be happy.

**Statement 13:** The happiness of the human beings is borrowed from ONE.

The whole universe is superimposed on ONE just like the entire picture is drawn on the cloth.

There is no object in the universe that is devoid of ONE just as no object on the picture is devoid of the cloth.

The cloth is seen fully only in the dress worn by the human figures drawn on the picture.

Similarly the ONE is seen fully only in the human beings in the creation.

What is perceived as cloth on the human figures is also the imagination caused by the paint although it reflects the real cloth.

What is perceived as consciousness in the human mind is also part of the illusion although it reflects the real ONE.

Example: You see yourself in the mirror

Animals may not recognize themselves in a mirror and may start attacking the reflection due to ignorance. Human being on the other hand is expected to have enough intelligence to see the reflection, understand that the reflection is different from his real self and at the same time that it represents the real self.

If there is a dirty patch on the mirror, it may appear to be a mark on the face. If we are intelligent enough, we will be able to discriminate between the dirty patch on the reflecting surface and the reflected figure.

In the case of mirror, all human beings have this discriminatory power and do not assume that the original face is dirty. However, in the case of universe most of us continue to be ignorant. The miseries of the life are superimposed on our real self and we assume that we are suffering. Our real self, which is ONE, is above all suffering. However, we remain ignorant of this fact.

Suppose we see wrinkles on the dress of a human figure, we do not presume that the cloth on which the picture is drawn is wrinkled. However, due to ignorance we think the misery of the life belongs to us.

We are aware that the inert objects in the creation do not suffer. This is so because they do not reflect the consciousness aspect of ONE as we do. Since we do not realize that we ARE the consciousness, we see the superimposed limitations of our body/mind complex alone and we suffer.

Just as the limitations are imaginary, the suffering is also imaginary. The real ONE, which is our true self, is beyond any suffering.

Delusion shields the reality and projects the universe as real. Therefore, ignorant people see the world as an absolute reality. Since the world is real for them, the miseries of the world affect them. When they realize that just as the picture is depicted on a cloth, the universe is an illusion and it is superimposed on the only reality namely ONE, they become wise. They will see the miseries of the world as a necessary part of the illusion and will lead their life joyfully.

**Statement 14:** We need to discriminate between the real ONE and its reflection EGO.

We are here to enjoy life. Joyful Living is the only purpose of being here. The white cloth by itself is not interesting or appealing. The same cloth with a beautiful picture appears to be wonderful. Similarly, ONE by itself cannot provide nor have any experience. The universe is superimposed on ONE to make it interesting and entertaining.

It is stated in the Holy Scriptures that ONE decided to become many and the mere wish has brought about this universe.

We are not different from ONE. We are the ONE.

ONE without the body and mind cannot have any experience.

We perceive the world and perceive it to be different.

On the face of it, there is an observer and the observed. However, in reality there is only one. The observer is the observed.

We are the observer (ONE). The observed universe (which includes our body/mind complex) is an illusion, which is superimposed on us for the purpose of our entertainment.

The universe does not exist for real. It is an illusion just like dream. In the dream the whole world, exist in our mind. The dream objects appear to be real in the dream. As long as, we are dreaming it is difficult to accept that they are not real. However, once we wakeup we become aware that the world that appeared to be real in the dream is just an illusion. In the same way, the universe, which is perceived by our five sense organs, is an illusion, which we will realize when we are awakened to the absolute reality, ONE.

During deep sleep, we do not experience anything because we exist without the superimposed illusion, namely the world, which includes our mind. In contrast, when we dream, the physical world is absent to us but our mind is active. Therefore, using our mind we experience the dream world, created by its inherent power.

The dream experience may be pleasant or unpleasant. Since the dream events do not have any impact on our real life, we can enjoy the dream irrespective of its content. Similarly, since the events in the world do not affect our absolute reality, we can enjoy our life irrespective of its content.



Without this knowledge, we are being caught in the unreality and suffer.

Example: A bee comes to a flower to enjoy the honey. However, it is stuck and it suffers.

Similarly we are being attached to the unreal world and do not enjoy life. Along with the happiness, we go through various negative emotions like fear, anxiety and such due to our attachment.

Therefore, we need to understand the big picture that we are the only reality and the entire universe is an illusion superimposed on us. If we do that, we will not be attracted to or attached to the unreal objects of the world and we can have a joyful living.

However, in order to comprehend this big picture one has to have sufficient mental maturity. Such matured mind is not common among most of the human beings. They have to work for gaining the required level of mental maturity.

Therefore the while the main objective of all the human beings is to live joyfully, most of them need to work for gaining mental maturity so that they can understand the big picture. Therefore, for them the objective in life is to gain mental maturity.

Such mental maturity is gained through work. People in general, work for material prosperity. They do gain intelligence in this pursuit but such intelligence does not lead to mental maturity. When they realize that they are chasing a mirage – seeking joyful living through material prosperity – they will start working selflessly. When they do this, their mind will become matured enough to receive the knowledge.

Serious pursuit of knowledge will give them the vision to see the big picture and as a result, they will have joyful living.

**Statement 15:** We are here to live life joyfully.

**Unit 02**

**Analysis of the scenario**

**Number of Sessions 7**

(14 to 20)

**Number of Lessons 2**

(10 to 11)

On completion of this Unit, the student will be able to

(m) See the overall relationship of Self, GOD and ONE

**Notes to the teacher: (Ref 6.18 to 6.121 of the original text)**

This unit gives an example as the foundation for the rest of module. Therefore, it is not necessary to go into the details in this unit.

If the student is able to understand the example clearly, it is enough.

Explain how the word Self represents ONE. It meets two conditions.

Condition 1: The word Self can get attached with first person (myself), second person (Yourself) and third person (himself). It also refers to both living being and non-living being (Itself)

Condition 2: It can never be use with the word 'soul'. Only ONE has no first person, second person or third person.

Therefore, it has to be represent ONE.

We refer I to refer the EGO and Self to refer the ONE.

The knower (I) is negated and therefore the question "How do I know the Self" does not arise.

**Unit Test:**

**Session F20**

30. Describe the steps from miserable life to Joyful Living. (Lesson 10)
31. What are the eight components described about the pot? (Lesson 11)
32. Compare each of the eight components with what they represent in the universe.

Our only purpose of being here in the world is to enjoy life. Although we want to enjoy life all the time, we are not able to due to various obstacles. The first step towards this destination is to recognize the miseries of the world.

**Statement 16:** Recognize that we are leading a miserable life.

While the environment is conducive and nice, we feel that we are happy. This is miserable life because we are a prisoner of the environment and we do not have absolute control over the environment.

Only human beings are capable of getting fully liberated from all the miseries of the world and live joyfully. (Inert objects do not suffer or enjoy. Other living beings suffer/ enjoy as dictated by the environment since they do not have the capability to acquire the required knowledge to live joyfully)

Although capable, not all the human beings will get the liberation because most of them are searching for joyful living in the wrong direction. They are under the assumption by correcting the environment and making it conducive, they can reach the goal of Joyful Living. This is an erroneous belief.

**Statement 17:** Know that it is possible to be liberated from all miseries of the world and live joyfully forever

Most human beings do not consider this as a possibility. They accept that miseries are part of life and they think that one has to possibly reduce their frequency and impact or endure them

This is a wrong notion. As and when they realize that it is possible to get fully liberated from all the miseries, they will cross this hurdle and progress to the next step.

**Statement 18:** Identify that the root cause of all the miseries is ignorance

This is a very difficult step to cross.

Initially human beings tend to think that the misery is caused by external objects/ events/ persons. Each misery in their life is assumed to be due to varied reasons. After some experience, they will assume that money will solve most of the miseries. It will take a while for them to figure out the root cause is their ignorance.

When they understand this, they move on to the next step

**Statement 19:** Understand that the knowledge is the only solution.

After recognizing that the ignorance is the root cause of all their miseries, people tend to act in different ways to drive the ignorance. They may start meditating or praying to the lord, do service to the society etc in order to erase their ignorance.

When they understand acquiring the right knowledge is the only way to remove their ignorance they progress to the next step.

**Statement 20:** Realize that the enquiry is the only way to gain knowledge.

The true knowledge can be gained only through enquiry. Enquiry is required only when we have wrong knowledge. If we are ignorant of any subject, we can gain knowledge by reading/ listening. No enquiry is required. Only when we have wrong knowledge we need to enquire to get the right knowledge.

One should commence the enquiry on Living beings, Universe and Self, because one has wrong knowledge on all these aspects.

**Statement 21:** Ensure consistent, continuous and complete enquiry.

There should be a strong desire for Joyful Living. Only then, there will be seriousness in the enquiry. Enquiry is not a mere intellectual exercise. Unless one has deeply wishing to get liberated from miseries, the enquiry cannot be sustained for long.

It is essential this enquiry should be consistent and continuous until the right knowledge is gained.

It may be easy for someone to claim that since the universe is seen obviously, there should be a creator of the universe. This is a very generic knowledge. One needs to continue the enquiry to find the specific knowledge of the universe.

When we perceive that the universe is present, the IS ness belongs to ONE. Borrowing the IS ness from ONE, the universe appears to be present. It also claims the property of 'reality' from ONE, which it does not have.

Example: A bangle made of gold borrows the IS ness from gold. If gold is not there bangle will not exist. In addition, the bangle claims that it weighs 200 gram. The weight belongs to the gold and not to the bangle. The bangle is just a name and form. It does not have any weight.

Similarly, the universe is merely a form. It appears to be real substance by borrowing the IS ness of ONE.

Enquiry should be done until one gets this right knowledge.

The enquiry is the primary method to reach the ultimate destination of Joyful Living. The enquiry has to be done on Self, GOD and Universe because we are currently holding on to the lower level of truth in all these three aspects. This is because of our wrong interpretation of the inputs from our sense organs. In this situation, it is essential to enquire and understand the meaning of:

1. The real meaning of the word 'I' (Self)
2. The literal meaning of the word 'I' (EGO)
3. The meaning of the word 'GOD'

If we arrive at the truth of these three items then we will get the clarity that the Universe is an illusion. In order to answer these questions, we need to comprehend the nameless, formless and attributeless ONE.

In order to explain the above we will use an example of 'space'. Imagine the four ways of perceiving the space as described below:

1. Pot Space
2. Space that is reflected in the pot water
3. Space that is reflected in the water droplets that make up a cloud
4. Space

In reality, there is only one space. It appears to be many due to the presence of various adjuncts like pot water and cloud water.

Now we compare the

Space	with	ONE
Pot	with	Physical body
Water in the Pot	with	Subtle body (Including Mind)
Pot Space	with	Real meaning of the word 'I' (Self)
Reflected Space in the Pot water	with	Literal meaning of the word 'I' (EGO)
Water droplets constituting cloud	with	Preferences constituting Causal Body
Cloud	with	Illusion (The power of ONE)
Reflected Space in the cloud	with	GOD

At the causal body level, we cannot talk about our independent individual body. Our preferences are the result of our actions in all our previous births. The cumulative preferences of all the living beings have resulted as this universe.

**Statement 22:** ONE can be compared with space.

Space is the one, which provides place for everything in the universe.

ONE is the substratum of the universe.

Space is unlimited.

ONE is infinite.

Space is not reduced when it is accommodating other objects.

ONE remains unchanged whether the universe is manifested or not.

Space cannot be constrained by anything.

ONE cannot be constrained by the universe.

Space is all-pervasive.

ONE is omnipresent.

Space is accommodating everything in the universe.

ONE is supporting the universe (including the space).

Space is part less, class less and non dual.

ONE is also part less, class less and non dual.

Space is changeless

ONE is also changeless

**Following are the differences between Space and ONE**

Space is part of the creation and therefore subject to arrival and departure. ONE is eternally present.

Space is inert and does not have intelligence,

ONE is Ever Witnessing Joy.

**Statement 23:** Our physical body can be compared with a pot.

Pot is made up of clay. The constituent of our physical body is not very different from it. In scientific terms if we break up to, atomic level there will not be any difference between the pot and the body.

Both are inert objects made up of five basic elements.

Both were created at certain point of time.

Both will decay and disintegrate in time.

Both need maintenance in order to be useful.

Both will be no more after a certain point of time.

Both have the limitation of Object and Space.

Both are used by us. (Pot is used for storing the water. Body is used for living)

All of us know that we are different from the pot but many do not know that they are different from the body.

**Statement 24:** Our subtle body can be compared with the water in the pot.

Water has the capability to reflect the space. Subtle body (mind) has the capability to reflect ONE

Water is inert matter. Mind is also inert matter.

Water in the pot is limited. Subtle body (mind) is also limited.

Water in the pot appears to be very deep because it reflects the infinite space above. Mind appears to be sentient because it reflects the consciousness

Water in the pot distracts our attention from the space in the pot by reflecting the space outside. Mind, by appearing to be an independent live entity, distracts our attention from our real nature, ONE, by reflecting the ONE

The pot without water looks lifeless. Body without subtle body (during deep sleep mind is absent) looks lifeless.

All of us know that the water is different from the pot but many do not know that the mind is different from body (brain).

**Statement 25:** The real meaning of 'I' (Self) can be compared with the Pot-Space.

Pot Space is the space that is contained by the pot.

I appear to be contained by my physical body.

The space within the pot is not any different from the space outside the space.

There is no difference between me and ONE.

Pot space has a special status since it can be used unlike the open space.

I have special status since I can use my physical body/mind unlike ONE.

Space supports the existence of pot and the water in the pot.

I support the existence of my physical and subtle body.

The space is the basis on which the pot exists.

ONE is the substratum on which the universe is manifested.

Both inside the pot and outside the pot the all-pervading space exists.

I am omnipresent.

The clay in the shape of a pot appears to enclose a small portion of the space and define the volume of the pot.

The physical body appears to enclose me and give me a form and name.

The pot space is used for storing any contents.

I can do transactions in the world as long as I have access to the body/ mind.

Pot space is not limited by pot but appears to be limited by it.

Similarly, I am not limited by this body but I think I am limited by it.

Space is changeless which accommodates changes in everything.

I am the changeless ONE, which accommodates all changes in the universe.



**Statement 26:** The literal meaning of 'I' (EGO) can be compared with the Reflected-Space in the pot water.

The pot water appears to hold the space with clouds and moon. It is obviously false since the space within the pot cannot hold clouds and moon. Therefore, reflection is not real. It just represents the real space. Reflected space appears to be limited by the boundaries of the pot. However, the real space is not limited by the pot.

Similarly, the literal meaning of the word 'I' is just a reflection of the original ONE. ONE is infinite. It is omnipresent.

I seem to be finite, mortal and ignorant due to the constraint imposed by the body. The universe which includes the space, pot and my body are illusion that is projected on my real self (ONE) because of my power of illusion. However, my mind (which is also part of my body) is under the wrong impression.

My mind is also an inert object and I illumine the mind. However, my mind assumes an independent entity (called Ego) which is shielding me.

The water in the pot is creating the reflection of the space above. This reflection is distracting my attention to the real space that is contained in the pot. I am ignorant of the space within the pot and assume the reflection as myself.

Similarly, my mind, which is housed in my body, is capable of reflecting the infinite and omnipresent ME. This reflection is assumed the ego. This ego is distracting my attention from the real ME and makes me believe that I am the limited ego.

The water in the pot is supported by the space within the pot. If there is no space in the pot, the water cannot be inside the pot. However, due to its inherent power to reflect the space, water distracts our attention from the space it is occupying.

Water, pot and everything is changing all the time and space is the one, which is changeless and hence support all the changes.

ONE is changeless and supports all the changes in the changing universe, which includes my body and mind. I am changeless.

**Statement 27:** The illusion can be compared with the clouds.

Water bearing cloud has the capability to reflect the space

Illusion has the capability to reflect ONE

Water in the cloud is wide and expansive unlike the water in the pot and reflects the space without any distortion or limitation.

Illusion also reflects ONE without any distortion or limitation.

**Statement 28:** GOD can be compared to the Reflected Space in the cloud water.

The cloud water reflects the space with all the stars and moon.

It is obviously false since the cloud cannot hold stars and moon

Therefore, reflection is not real. It just represents the real.

Reflected space also appears to be unlimited since the cloud is huge.

ONE is infinite. It is omnipresent.

GOD is also appears to be infinite, omnipresent and omnipotent

ONE is the only reality. GOD is a reflection (and hence an illusion) which appears very similar to the original.

It is not possible to see the reflection of space in the cloud. It can only be inferred.

It is not possible to perceive god directly and it can only be inferred. Everything that we see is God. However, God is not limited to what we perceive. His omnipresence can only be inferred and not perceived.

**Unit 03****Delusion****Number of Sessions 16**

(21 to 36)

**Number of Lessons 9**

(12 to 20)

On completion of this Unit, the student will be able to

(k) Identify the cause of our miseries

(l) See the path to liberation

**Notes to the teacher: (Ref 6.122 to 6.152 of the original text)**

Delusion is Avidya. Proof of existence of Delusion: An ordinary man is not aware of the Self AND he denies the existence of ONE.

The bright students may ask “If I am consciousness how come I can be ignorant?”. Logic cannot defeat experience.

Since consciousness and ignorance belong to two different orders of reality, they can coexist.

In this context, the lower order of reality of dream has to be discussed. As per science, there is no wall. It is made up of matter that consists of atoms with 90% of empty space. Matter is energy in motion. According to science there is no solid objects and what we see two solids touching each other is an illusion since only an empty space of one solid is touching only another empty space of the other object.

Atom means that which cannot be further divided. Even now we call it by same name even after splitting it.

There is difference between chemistry and biochemistry. Scientists cannot figure out what the difference is.

**Unit Test:****Session F40**

- |   |             |
|---|-------------|
| 28. What is the root cause of all our problems?                             | (Lesson 12) |
| 29. What is the confusion between EGO and ONE?                              | (Lesson 13) |
| 30. What are the two functions of Delusion?                                 | (Lesson 14) |
| 31. What is the understanding gained from the sentence “THIS IS A MAN”      |             |
| 32. What are the effects of Delusion?                                       | (Lesson 15) |
| 33. What is the origin of Delusion?   | (Lesson 16) |
| 34. Describe the six stages of Delusion with respect to Self                | (Lesson 17) |
| 35. Describe the three stages of Delusion with respect to god               | (Lesson 18) |
| 36. What are the four steps to be followed to remove Delusion               | (Lesson 20) |
| 37. What are the problems connected with understanding the Holy Scriptures? |             |

## Lesson 12: The root cause of all the miseries

Session: F21

The confusion in the meaning of the word 'I' is the root cause of all the miseries of the world. This Delusion has to be understood fully in order to remove it.

We have seen that there are two meaning for the word 'I'. One is the literal meaning and the second is the real meaning. Normally we should not have such confusion. The literal meaning should be same as the real meaning.

Example: Pen means pen

It is said that the reason for all our miseries is our Ignorance on the meaning of the word 'I'. Therefore, it is very important for us to understand the root cause of the confusion between these two meanings of the word 'I'.

There will not be any confusion if the meaning of the word is very different.

Example: Send the cattle inside the pen.

There is no confusion on the word pen because the meaning is very different from the writing tool.

However, in case of the word 'I' we have a complication due to the similarities between the two meanings and therefore we have confusion.

Normally without any thinking, we assume that the word 'I' means our body and mind complex. However if we pass to think, we can negate this view. We can easily prove that since I am aware of the changes in my body and mind, I should be different from them.

Now we go to the next step.

We no longer think the meaning of the word 'I' is the body/ mind complex. However, we start thinking the meaning is EGO, which resembles the real meaning.

This is the problem.

In case of the word PEN the two meanings of the word are very different from each other so that it is easier for us to take the correct meaning depending on the situation.

However, in case of the word 'I' the literal and the real meanings are very similar.

Example: The reflection of the space and the real space are different but very similar.

The literal meaning of the word 'I' is similar to looking into the pot and see the reflection of the space in the water and say 'I see the space'

The real meaning of the word 'I' is similar to looking at the pot and inferring the space inside the pot and saying 'I see the space'

The empty space within the pot is the real meaning of the word 'I', which is ONE

The reflected space is the literal meaning of the word 'I', which is EGO.

ONE and EGO appear to be very similar just like the space that is talked about in both these situation and therefore there is confusion.

Another reason for confusion is both the space occupies the very same place. Similarly, the Self and EGO function from the same place.

Because of the confusion, we transfer the quality of one to the other.

Example: X and Y are twins. If we expect X to behave like Y we will get disappointed.

This is the exact result of our confusion between EGO and ONE.

**Statement 29:** EGO and ONE are very similar and therefore the confusion between them is of very high order, called as Delusion.

The false is more attractive than the real. The real space within the pot is not attractive compared to all the stars, moon and clouds that are reflected by the water. Therefore, we mistake the reflected space as real space.

This Delusion between the EGO and ONE is the cause of all miseries because, if we know that our real nature is ONE, we will not worry about the non-existent EGO.

However, from the point of view of EGO, the world is real and therefore, all the experiences of the world are also real.

Example: Dream-food is enough to satisfy our hunger in the dream since both of them belong to the same order of reality. Dream-food cannot satisfy our real hunger since they belong to different order of reality.

The reflected space and the real supporting space belong to different order of realities. We need to ignore the reflected space and see the real space within the pot. Similarly, we need to ignore the Ego and see ONE.

Looking at the reflected space, it is wrong to assume that pot has infinite space inside. Similarly, seeing the reflection of ONE, we wrongly expect our EGO to be all-powerful. We expect that we should be able to control the entire universe. The truth is I am the only reality and the universe (which includes my body/mind) is an illusion. Therefore, I am more powerful than the universe. However, we do lots of action with a view to 'become' all-powerful. We get disappointed.

It is wrong to assume that if we move the pot, the space inside the pot will also move. The real space cannot be moved. I am like the real space, which is inside the pot. I am omni present. However, my body/mind complex is limited to a time and place. Due to the confusion, we wish to travel at the speed of the light to be present at any place at any time. The truth is I am present in all the places at all times. However, we do lots of action with a view to achieve this goal of being present at all places with instant travel. We get disappointed.

It is wrong to assume that if the pot is broken, the space is destroyed. Similarly, the death of our physical body will not have any effect on our real Self. ONE is immortal. Our body/mind complex is mortal. I am immortal. However, we are engaged in lots of medical research to enable our body/mind/ EGO to live forever. We get disappointed.

The nature of ONE is joyful. Therefore, we expect our EGO to be joyful all the time. The truth is I am happiness. However, we are engaging in continuous action in order to become happy all the time. We get disappointed.

EGO is an artificial entity that does not exist. At least in the case of body/ mind complex, it is an illusion. This means the body/mind complex appears to exist but in reality does not exist. However, in case of EGO it is an imaginary concept.

If we understand this then the EGO is treated as an imaginary tool to transact in the illusory world. As a result, we do not inherit any miseries of the world. If we identify ourselves with ONE then instantly we become Ever Witnessing Joy and there is no need to seek immortality and omnipresence. However, if we identify ourselves with the EGO we will continue to suffer.

In order to remove the confusion one has to enquire into the nature of Delusion.

**Statement 30:** The confusion between the EGO and ONE can be removed only when we enquire into the nature of Delusion.

Normally, it will be enough if we understand the nature of EGO and ONE alone to remove the confusion. Since this confusion is of a higher order, called Delusion, it requires deeper enquiry on the Delusion itself.

Delusion has two functions. It shields the real self (ONE) from our perception by projecting the imaginary self (EGO) on it. It negates both the experience and existence of Self.

Because of the Delusion, we say that we do not have any self and there is no such thing called Self, both at thought level and verbal level. The truth is Self is always present and it is always experienced. Delusion negates both these truths. These are the two functions of Delusion.

In addition to the fact that the people are ignorant of Self, they are not aware that they are ignorant. This is the biggest bottleneck in removal of Delusion.

The EGO is shielding Self from our view not by hijacking it outside our view but it just diverts our attention from it. Just as the TV screen is 'hidden' from our view by the movie that is shown on it.

If we become aware that the movie is an illusion, which is projected on the real screen, we will not be affected by the sorrow of the hero. Similarly, when we are aware that the universe is an illusion, which is projected on ME, then we are not affected by the events/ persons/ objects in it.

The mere fact that we are looking for immortality, to become more intelligent and to live joyfully shows that these are our real nature. Otherwise, we will not be attracted by these features.

Example: People who are ignorant about diamond will mistake an uncut diamond to be an ordinary stone and say, **“This is a stone”**

Similarly, when we say, “This is a man’ we are ignorant about our real nature. We assume our self to be an ordinary mortal and limited entity.

A detailed analysis is required to understand the function of Delusion with reference to our understanding of this sentence “This is a man”.

**Statement 31:** Delusion distorts the meaning of the words THIS and IS in the sentence “THIS IS A MAN”

**Statement 32:** Delusion projects a wrong meaning to the word MAN in the sentence “THIS IS A MAN”

We need to analyse the statement “This is a stone” (and ‘This is a man’) in detail to remove our Delusion. There are three components in the sentence.

**THIS:** The term 'THIS' does not belong to the ordinary stone since there is no ordinary stone. It is the product of the ignorance of the onlooker. It belongs to the diamond. Diamond is real and stone is imaginary.

Similarly the term 'THIS' does not belong to the ordinary man since there is no ordinary man. It is a product of the ignorance of the onlooker. It belongs to the ONE. ONE is real and the man is an illusion.

Since the term 'THIS' belongs to ONE, it signifies ALL PLACES and ALL OBJECTS. In our previous picture example when we talk about the cloth, we are aware all the objects in the picture are on the cloth. Moreover, there is no place on the picture, which is outside the cloth. Similarly, the universe is projected on ONE. There is no place in the universe, which is outside of ONE. Moreover, there are no objects in the universe, which are outside the ONE.

Therefore the term 'THIS' refers to the infinite ONE and not the limited man. The man is limited to a place and a specific body, which are part of the illusion that is superimposed on ONE. Therefore, when we see a man and say, 'This is a man' we are actually pointing out to the ONE, which is immortal and infinite.

If there was no diamond the onlooker could not have told, "This is a stone".

Similarly, if there was no ONE, he could not have told, "This is a man".

Thus the term 'THIS' is understood partly correctly and partly wrongly.

**Statement 33:** In the sentence "THIS IS A MAN", the word THIS refers to ONE.

**IS:** The verb 'IS' does not belong to the stone since the ordinary stone is not existing. It belongs to the diamond. Therefore, it signifies existence for a long time. If it were a stone the 'IS' will hold good for few years because the stone will disintegrate due to passage of time. Since it belongs to diamond, it means it will continue to be IS for millions of years. Due to ignorance, the onlooker assumes that the stone will last only for few years while the fact is otherwise.

Similarly in the sentence "This is a man", the verb 'IS' does not belong to the EGO of the man since it does not exist. It belongs to the ONE. Therefore, it signifies something that exists forever. If it were to refer to the ego (combined with the mind/body), it exists only for one lifetime. On death the verb 'IS' cannot be used. Since it belongs to ONE, it means a permanent existence without any beginning or end.



The statement “This is a stone” is possible only with the existence of a real object. The real object could be a stone or a diamond. If the ignorance of the onlooker is removed, he will no longer see an ordinary stone.

Similarly, “This is a man” is possible only with the existence of a real entity.

The real entity is not the mortal man but the immortal one. If the Delusion of the onlooker is removed, he will no longer see an ordinary mortal man.

**Statement 34:** In the sentence “THIS IS A MAN”, the word IS refers to ONE.

**A STONE/ MAN:** Here is the confusion. Instead of identifying the article as a diamond, due to ignorance, the onlooker calls it as a stone.

Thus, when he says, “This is a stone” he is partly correct on its meaning but not fully. With respect to the nature of the stone, he is completely mistaken.

Thus, when we say, “This is a man” we are partly correct on its meaning but not fully. With respect to the nature of the man, we are completely mistaken.

Instead of seeing the diamond as diamond, the onlooker sees it as a stone.

Instead of seeing the infinite and immortal Self we see the limited/ mortal self.

**Statement 35:** In the sentence “THIS IS A MAN”, the words A MAN refers to ONE but we mistake it for the limited body/mind complex of the person.

Therefore, when we gain the true knowledge about the diamond, we will negate our knowledge of the stone, recognize the true meaning of phrase “This is” and then say, “This is a diamond”

In case of the man, we will continue to say, “This is a man” but with complete understanding of the truth.

The cause of the confusion with respect to diamond is two fold. Both the diamond and the stone appear to be very similar. Secondly, we do not have the adequate knowledge on diamond to distinguish it from an ordinary stone.

The cause of the confusion with respect to self is two fold. Both our EGO and the Self appear to be very similar. Secondly, we do not have the adequate knowledge on Self to distinguish it from a non-existing EGO.

Knowledge will remove our poverty by ‘turning’ the stone into a diamond.

Knowledge will remove our misery by ‘turning’ our self into a immortal bliss

The effect of the Delusion is the mix up of reality with the falsehood. As a result, we are holding lower levels of truth with respect to Self, GOD and the Universe as explained below:

Universe appears to be real and not ONE, just like the stone appears to be real and not diamond.

If we negate the universe, we see nothing, just like when an onlooker is asked what he sees inside an empty pot, he will answer 'Nothing'

If we think deeply we will figure out there has to be something (ONE) that is supporting the existence of the universe, just like the onlooker after some deep thinking will answer 'space' instead of 'nothing'.

Universe contains many inert objects and all of them are supported by ONE just as the cloth supports all the imaginary objects in the picture.

Universe contains many living beings and all of them reflect ONE just like the pot with water reflects the space.

When we contemplate on the Universe we say that it is made up of inert objects and living beings just like the onlooker will say that he sees 'water' and 'space' in the pot. The problem is the 'space' which he 'sees' is the reflection in the water and not the real space contained within the pot. Similarly, we refer to the reflection of ONE in the subtle body as a living being. We do not see the original ONE, which is the only reality.

The presence of the subtle body differentiates the living beings from the inert objects just as the presence of water differentiates dancing pot from the non-moving pot. Both water and the pot are inert objects but the presence of the water in the pot gives it a semblance of life. Similarly, both the subtle body and physical body are inert. However, the presence of the subtle body gives the semblance of life to some inert objects. This is so because water can reflect sun and the subtle body can reflect ONE.

We are ignorant of ONE because our attention is diverted from it by its reflection just as we are ignorant of the cloth when we see the picture since our attention is diverted by the colorful cloth.

**Statement 36:** We are holding lower level of truth with respect to Self, GOD and the Universe.

**Statement 37:** We have not studied systematically the truth of Self, GOD and Universe. This is the reason for Delusion. No one taught us the truth.

Example: If one does not know Arabic Language, what is the cause of the ignorance? The cause is he has not been taught. When the Arabic language is learnt, the ignorance of that language will disappear.

When one learns about the diamond then he will be able to discriminate a diamond from an ordinary stone. The reason for Delusion is that he did not learn about it earlier.

Similarly, when we learn about the nature of our true self, we will be able to discriminate the immortal being from the mortal body.

It causes less harm if one does not have any knowledge on a subject than having half-baked knowledge. That is the problem in case of self-knowledge. Every individual has his own theory to the question 'who am I?' which is a lower level of truth. In addition, many schools of thought with varied theories and philosophies confuse the learner.

It is quite normal not only to be ignorant of many subjects but also it is quite possible to have wrong knowledge in the absence of systematic education. The 'wrong knowledge' could be called a lower level of truth since at each stage it appears to be truth.

The ultimate truth could be comprehended only by those who have intelligence and determination to pursue the subject. Those who do not start on the enquiry or stop half way through will end up having lower level of truth. Until the ultimate truth is completely understood, the lower levels of truths will not lead the person to Joyful Living.

Infact these lower levels of truths make people to stick on to their wrong notion for a long time before they could realize that there is a higher level of truth. Therefore, the move to the next higher stage is delayed.

People hold lower levels of truths with respect to Self, GOD and the Universe because of absence of systematic teaching. There are many different schools of thoughts existing in the world, which teaches different levels of truth with respect to Self, GOD and Universe. It is perfectly all right if one studies any one of them. Unfortunately, people study history, geography and science and ignore this subject. Even those who study philosophy are not interested to find the truth. They stop with a comparative analysis of various theories. It is important one should have a deep desire to find the ultimate truth of Self, GOD and the Universe and study any theory on them until they reach their goal.

Let us analyze the various stages of wrong knowledge on “who we really are?”

**Statement 38:** At the first stage, we think, “I am the body”

This is one of the most popular views, which are supported by science. According to this view, after the formation of atmosphere on earth some chemical reactions triggered ordinary inert objects to become living beings. Accordingly, the physical body is the foundation on which the life has developed.

Therefore, it is of very important to nurture the body and keep it in a healthy condition. It is necessary to find out what sustains the body and provide the right inputs so that the physical body stays alive as long as possible. It is generally accepted that the human body can last for about 100 years. Since there are evidences of people living upto the age of 150, it should be possible to increase the average lifespan of people to over 100 years.

As we get advanced in technology it should be possible to live for a long time, may be over 200 years.

It is not enough to live for long. The body should be able to function efficiently as long as possible. When both these are achieved one should be able to retain the physical capabilities of a 35 year old for about 150 years! (The efforts to extend the life expectancy will not stop until we attain immortality!)

Assuming this is made possible, what will be the objectives in life for the human beings who remain young for about 150 years?

Gratification of sense pleasures will be the primary objectives of life. Every one will always be chasing material progress so that they could

- Live in a comfortable house with a pleasing environment
- Eat tasty food with good flavor
- Listen to the music of personal liking
- Visit pub and parlors to wine/ dine/ dance
- Have sex with any one when there is an urge

In this scenario, one needs to be just smart to achieve these objectives. There are no moral codes (all you need to know is how to project a respectable image to the world), no right/ wrong actions (you can steal whatever you want if you are smart enough not to get caught), no law to obey (you can kill your neighbor if you have high connections to get you off the legal hook)

Since there is no life after death nor there is a possibility of any judgment day, people will start consuming the natural resources at much faster rate.

The world will turn into a hell if this assumption is true. 'Dog eat dog' scenario will emerge and world will truly become a place for the survival of the smartest. Unfortunately none of the 'smartest' will ever think beyond their lifetime. The popular saying that we have not inherited world from our parents but have borrowed it from our children will fall into deaf ears.

Theoretically, it can be easily proved that if the entire population of the world starts consuming the resources at the current maximum level the world will not last for long.

The question to ask at this stage is "Is it true that I am just a physical body?" If the answer is YES, then the world is doomed to disintegrate in the near future. Fortunately majority of the people in the world believe the answer is NO.

So prior to proving that this view is wrong it is essential, to see that it should not be true if we are interested in the survival of earth with its varied life forms.

Fortunately, it is not mere wish that this view is wrong. We can logically prove it is wrong.

Proof that the view 'I am the body' is wrong:

When we observe a living being, we see two things. One is the physical body and another is something else (called 'life' or 'soul' or by some other name). Both these factor together causes the living being to function. According to the view 'I am the body', it should be possible for the living being to live as long as the physical body is fit. However, it is scientifically proved that this is not so. Many people, who are in perfect health die while they are still in the middle age. Although efforts are made to find the cause, the medical community is not able to do so. They will never be successful in their attempt because the basic view that the 'physical body sustains life' is wrong!

This is also proved by the very high rate of cot deaths. England, one of the most developed countries in the world, has medical records to show that every year more than 600 perfectly healthy babies are dying without any reason whatsoever before they reach their first birthday.

Therefore, it is conclusively proved that body is not as important as the 'life' or 'soul' or whatever the other component is called. The body becomes an inert object (dead body) when the other component chooses to leave the body. Unless the other component is independent of the body, it cannot decide to leave the body when it pleases. Thus, it cannot be said 'I am the body'

**Statement 39:** In the second stage we wonder, “Am I the sense organs/ action organs?”

This stage is not popular and no one really thinks that he is his organs. However, most people have wrong notions thinking that their physical body is capable of action.

Our sense organs and action organs are independent of our physical body. We have five sense organs namely ear, skin, eye, tasting tongue and nose. We have five action organs namely hands, legs, speaking tongue, organs of digestion and organs of procreation.

These ten organs function from the physical body but they are independent of it.

Example: I have TWO SETS of legs. One set of legs is physical that can be seen and touched. The other set is the subtle and invisible. Science refers the subtle leg as ‘phantom leg’.

Similarly, there are subtle organs that correspond to the ten physical organs. These subtle organs are responsible for the respective functions and the physical organs are just tools.

Example: When we say ‘I see’, we mean that we use our subtle eyes to see using the physical eyes as an instrument.

However, normally people are ignorant of the existence of the subtle eye. As a result, when they say, ‘I see through my eyes’ they mean the physical eye. The physical eye is just an instrument like telescope or binocular. A telescope cannot see anything by itself. Similarly, our physical eyes cannot see anything.

Although science has not accepted the existence of subtle organs, they acknowledge their presence by accepting their ignorance.

Example: There are many recorded cases where a person cannot hear properly even though his physical ear is in order. Science attributes this to old age but actually, it is due to the withdrawal of subtle ear.

Although the subtle organs are different from the physical organs, they are not the ultimate authorities. I am different from all my sense organs/action organs.

**Statement 40:** In the third stage we assume, “Prana is the life force, which keeps my body alive.”

This is a common person’s view. People, who do not persist in their attempt to analyze the meaning of life, stop their thinking process with a statement ‘When prana leaves the body I will die’

This is true. Prana consists of five components and the fifth component leaves the body, it becomes cold, and signifies the arrival of death. Nevertheless, prana is also inert as the physical body. It helps in the process of sustaining the life.

Example: If a car can be compared to the physical body, then the engine power is compared to the prana. It is true that the engine power is essential for the functioning of the car. However, it is not superior to the driver.

Thus while it is true prana keeps the body alive it is not superior to me. I am different from prana and just like the driver is different from the engine power. Not only I am different, I am superior to my prana.

I have a prana and I am not the prana.

Logically it is very simple to see this truth. Nevertheless, many common people are stuck at this stage.

**Statement 41:** At the fourth stage, we are almost convinced, “I am my mind”.

No one really says ‘I am my mind’ but this is exactly what many educated people are thinking.

They know that the mind is superior to the physical body, sense organs/ organs of actions and the prana. Mind is the governing authority, which directly controls all the organs. Therefore, the human personality is shaped largely by the mind.

People at this stage are aware when we talk about the personality the physical personality and physiological personality play minor role. The most important factor is the psychological personality.

The objective in life is to achieve mental satisfaction rather than physical needs and sensory urges. Fulfilling the requirements of the mind will be the focus. At this stage, man seeks happiness at much higher level compared to those who are under the assumption ‘I am my body’ as described below:

Good interior design is more important than just comfortable house.  
The company in which we eat is more important than just good food.  
Enjoying the musical nuances is more important than just good music.  
Love is more important than just good sex.

In this stage, it is recognized that happiness is the state of mind and not mere fulfillment of sensual pleasures.

People who think they are the mind are more refined compared to those who think they are just the body. At this stage, people observe many unexplained phenomena that are present in the environment. As long as, they think that they are nothing more than the physical body, they do not recognize the presence of god or some super power.

At this stage, people are aware that life extends beyond the physical body and prana. They recognize that there is something more but they are not fully capable of resolving the puzzle.

As a result, in addition to meeting their personal goal of enjoying life with food/music/love etc they devote time to pray. They start thinking that there may be life after death. Therefore in order not to jeopardize the chance of having a good life after death they pay attention to religious prescription of following the moral code and values in life.

They avoid cheating/ killing/ hurting others and still try to compete with a sportive spirit.



**Statement 42:** In the fifth stage, we declare, “I am the Intelligence”

Mind is deliberating faculty that oscillates between the alternatives. Intelligence on the other hand is the deciding faculty. Thus, it is superior to the mind and people who think they are their intelligence are in an advanced stage of truth ahead of those who think they are their mind/ prana/ sense organs or the physical body.

At this stage, people are attracted by concepts and theories. They start deduce and investigate facts that are beyond the reach of the five sense organs. Their sense of discrimination governs their life.

Unlike the people in the previous stages, their focus is no longer on mere sense pleasures. They like:

- Poetry and give more importance to lyrics than just good music (tune).
- Reading good books and appreciate literature
- Intellectual debates/discussions and not just good company
- Relationship and community development in addition to personal love

Life on earth becomes more appealing to them. They study their environment consisting of the plant and animal kingdom with much more reverence than ever before. They observe the insignificance of the size earth in the cosmos. They seriously reflect on the future of the humankind and not get bogged down with the concerns of one’s lifetime. Their appreciation of the universe is far more than others.

At this stage, people seriously work towards finding out the ultimate answers to all the unanswered questions on Life, Universe and GOD. These are among their list of concerns along with other material goals like ensuring a prosperous and comfortable life.

**Statement 43:** In the sixth and final stage we conclude, “I am the Ego”

It is not that people remain in any one of the stages. In the absence of the formal education, people keep changing their opinion/ views depending on the situation. In other words, they keep migrating from one stage to the other for providing a convincing reply to the question on ‘Who am I’.

In fact they bundle up all the five stages (Body, Organs, Prana, Mind and Intelligence) and recognize themselves to be their ego. Initially people will not be so sure who they are. They will keep oscillating between the various stages of thinking that they are the body or mind etc. When they claim, “I know myself perfectly well without any doubt” it signifies that they have a fully ripen ego.

Example: Only a ripe fruit falls off the tree.

Similarly only a fully matured ego is ready to cognize the truth.

At least the body, mind, intelligence etc have a higher order of reality compared to the Ego. Ego is a false notion and it does not exist. Nevertheless, people hold on to it claiming that they know who they are.

This is the final stage prior to getting the right knowledge. When they get adequate level of maturity, they start seeing the imaginary nature of the ego. The ability to discriminate between the truth and the falsehood will develop out of the matured mind and ripen ego.

Mental maturity will help us gain the ultimate knowledge on Self.

Ego is just an imaginary tool, which has its uses. It is highly required for achieving material success and prosperity in the world. However, it is a barrier to the knowledge if one is stuck to believing that the ego is the meaning of the word ‘I’.

Similar to the misconception on the nature of our true self, people hold different levels of truth with respect to god as well.

In case of self 'belief' play a minor role. No one says, "I believe that I am a body...etc" Since the self is personally experienced, they come to a (wrong) conclusion about their true nature due to Delusion and absence of systematic teaching.

With respect to god, it is mostly based on belief. People are born into a society and culture that has fixed notions about god. This belief is passed on to the child. The child seldom gets an opportunity to enquire into the true nature of god. As a result, the belief of the community governs and guides the personal belief.

Once a child becomes an adult, this belief is slightly modified by the personal experience. Some time the new company in which the adult functions may redirect him to another set of beliefs. Depending on the mental maturity, the individual understands different religions/ set of truths about god and chooses to follow a particular set of beliefs that suits his personality.

Thus, every adult has his own definition of god.

It is not a coincidence that all such definitions can be termed as 'right definition' since all of them are based on some religion or the other. (All the religions in the world talk about a single truth but they describe it differently to suit the intelligence level of the followers. Therefore, every belief about god is correct).

The conflict between various religious groups arises only when one claims that their definition is the only correct definition and the rest are all wrong. Only when the ultimate truth of the god is understood it is possible to see that all the personal definitions are correct. Of course this 'right definition' of god, which a person holds, is not a result of any systematic study or analysis.

Example: The examiner might be able to find out that the student does not 'know' the answer although he has written the correct answer to a particular question.

It is necessary to have a complete understanding of god. The current 'right definition' that one holds is a stepping-stone for finding out the complete truth.

The various personal beliefs that are prevalent in the world could be grouped under three stages as discussed below.

**Statement 44:** In the first stage, people believe that there is no god.

This belief is due to the confidence one has on the scientific and technological development. They believe that the human race has evolved by chance and we control our destiny. There is no role for god.

Although popularly known as 'non-believers' this group also believes that there is no god!

Those who believe in the existence of god do not have any proof to show that god exists for real. Similarly, even the non-believers do not have any proof to show that their belief, that god does not exist, is correct. It is just their personal belief, which cannot stand any logical validation/ scientific investigation.

However, it is interesting to note that the ultimate truth on the nature of GOD is very close to this group.

The truth is GOD is an illusion and exists only in the relative reality.

Therefore, those who are in this stage are closer to truth. Nevertheless, they are also wrong since they do not have a correct understanding of their claim that there is no god.

**Statement 45:** In the second stage, people see god as an invisible power, which is the intelligence cause of the universe.

By seeing the created universe, the creator god can be inferred. While this belief is partly correct, they wrongly see god as an independent entity outside the creation.

It is like seeing the reflection and claiming to have seen the original. The reflected space appears very vast and unlimited. Similarly, GOD is part of the illusion created out of the power of ONE. Since this illusion is perfect, the reflection appears without any distortion. As a result, people believe that god is Omnipresent, Omnipotent, Omniprevalent and Omniscient.

However, if enquired further, they will fail to explain these attributes of god since they are under the assumption that god is away from creation in terms of both time and space.

**Statement 46:** In the third stage, people believe the god has specific form, and has immense power.

According to this group, god is a living being with superior power to create, maintain and destroy the universe.

This is the lowest stage of truth. This is primarily meant for people who are not able to comprehend something, which has no name, no attribute and no perceptibility.

Such people start worshipping various Gods according to their personal belief on how the god will appear. Their gods may have 4 legs and 10 heads or the other way around and it is still a (partly) correct view. The main purpose of devotion to such gods is to enable mental maturity of the person

All the actions performed for the satisfaction of such personal gods go a long way in purifying the mind and making it eligible for higher stages of truth.

However, since they believe that god has a specific form and lives in a particular location, difference of opinion with the fellow human beings is bound to arise. This group is the main cause for all the misunderstandings, disputes and wars in the name of god.

In all the three stages people hold varied sets of truths about the god.

In the first stage, people claim that there is no role for god in creation of the universe. They claim that the universe is created naturally without any external effort.

In the second stage, people think of god only as the intelligence cause of creation.

In the third stage, people give a specific name, form for this intelligence cause, and assume that such a god is living in heaven, which is far away from earth.

While all these people hold parts of the truth, one of the main truth that god is the material cause of the world is not perceived at all.

This misconception on god will prevail among most human beings since it requires high degree of intelligence and mental maturity to perceive god as both the raw material and the intelligence behind creation.

Example: A baker is different from bread. Maker is one with the world.

This ultimate truth on GOD can be understood only when deep enquiry is conducted into the nature of Self, Universe after gaining the mental maturity and intelligence.

All the people in the world are unknowingly working towards understanding the true nature of god by engaging in activities that will give them the required intelligence and mental maturity.

Unlike the misconception with respect to Self and GOD, there are no stages of misconception with respect to the Universe. There is only one stage here. Whatever is perceivable through our five sense organs (Ear, skin, eye, tasting tongue and nose) constitutes the universe.

Science is the main source of information, which shapes the known universe. Although there are many contradicting views prevalent within the scientific community, since the common person is not competent enough to conduct independent verification of the claims made by the scientists, the popular view is accepted as truth.

There is no guarantee that the popular definition of the universe with respect to its origin, development and future will remain valid forever. Infact it is continuously modified by the scientists. One established truth is overthrown with a next version of truth. This process of refining the truth is continuously happening which itself is a proof that whatever be the current definition of the truth about the universe is not correct.

The correct truth about the universe is that it is not real. It is an illusion that is projected on ONE. This will be clear once the ultimate knowledge is gained.

**Statement 47:** There are no stages. Everyone believes that the Universe exists.

The ignorance on Self, Universe and GOD can be removed only through systematic learning, as in the case of ignorance of any other subject. Since it is beyond the human intelligence, the knowledge on Self, Universe and GOD is to be obtained from the Holy Scriptures.

One of the main concerns with respect to the Holy Scriptures is this: There are so many Holy Scriptures. Moreover, every scripture seems to contain all sorts of information. Many teachers, who are well versed in these scriptures, are teaching many contradicting views as the content of the Holy Scriptures.

In this scenario it appears that, it is impossible to learn anything from Holy Scriptures.

This is the concern of many.

On one hand, it is not possible to find the truth about Self, Universe and GOD through purely scientific investigation. On the other hand, the teachings of Holy Scriptures are not available without the confusion caused by the number of interpretations.

Therefore, the removal of Delusion on Self, Universe and GOD appears to be a very difficult task.

Suggested course of action:

Step 1: One must have a deep desire to find the ultimate truth about Self, Universe and GOD. This desire should not be a passing fad nor be a pastime pursuit. It is essential one should realize that the need for finding the ultimate truth. One should be convinced that the only way to get liberation from all the problems of life is the removal of Delusion on Self, Universe and GOD.

Step 2: One must have a deep faith that the Holy Scripture contain the answers for all the questions relating to Self, Universe and GOD. This should not be a blind belief. One can get this faith by being exposed to many different Holy Scriptures and by reading/listening many different philosophies with respect to Self, Universe and GOD.

Step 3: One must be highly intelligent and logical while studying the truth from the Holy Scriptures. One must not blindly accept the teachings of the Holy Scriptures without validating it with the personal experience and logic. One must have the perseverance to comprehend the essence of the Holy Scriptures by comprehensive cross-examination. It should be noted that there is only one truth. One cannot compromise on the conflicting information and accept that there are many versions of truth.

Example: Do you like A or B? The answer could be 'I like both'. This cannot be the case with the truth. The Holy Scriptures declare 'You are god' but my personal experience shows that I am a limited human being, I should have the perseverance to find out the truth. I cannot say 'I accept that I am god according to Holy Scriptures, since they hold the ultimate truth. But according to my personal experience I am not'.

There is only one truth, which should be validated by personal experience and logic. Moreover, one should not rest until this truth is found out.

Step 4: One must have the mental maturity to see that everything in the creation is functioning according to the predetermined laws that govern the creation. Every living being and inert object in the creation is functioning according to the cosmic laws of creation. According to the grand scheme, only human beings have 'free will' to do or not to do certain action. Therefore, they can do right or wrong actions. In either case, they will reap the fruits of their action. Therefore, even the functioning of the human beings is also governed by the laws of creation.

Therefore, there is no evil in the creation. Every human being inherently knows the difference between the right and wrong actions without any teaching.

As one studies the teachings of the Holy Scriptures and compare it with the experience of the universe, one should be able to see that the oneness of the truth.

People believe that they are physical body, sense organs, prana, mind, intelligence, ego or some combination of these. One should be matured enough to see that each of this understanding has some truth in it.

People hold varied sets of believes with respect to god. Some believe that there is no god and on the others worship gods in varied forms. Even plants and stones are worshiped as god. One should be matured enough to see that each of this understanding has some truth in it.

Once we gain such maturity, we will be able to discover the ultimate truth. Until then we should work towards getting the mental maturity.

Then we need to conduct consistent and continuous enquiry under the guidance of a competent teacher Self, GOD and Universe for a length of time, until the truth is found out.



**Unit 04**

**Enquiry**

**Number of Sessions 40**

(41 to 80)

**Number of Lessons 23**

(21 to 43)

On completion of this Unit, the student will be able to

- (a) Gain a comprehensive knowledge on the subject to convert all the beliefs/ faiths into personal direct knowledge.

**Notes to the teacher: (Ref 6.153 to 6.256 of the original text)**

It is essential one asks all sort of questions that comes up in the mind during the process of enquiring the nature of Self, GOD and Universe. This is the only way to get absolute clarity on these factors. Since most of us are firmly rooted in the wrong knowledge, such questioning is the only way to progress towards the right knowledge.

The students should be allowed to express their viewpoints that belong to different schools of thought. It is important to realize the contents of this module ALONE is the absolute truth and all others belong to lower version of truth.

Example: Why is it that we find the lost article only in the last place of our search? Because we do not search after finding it.

Similarly, if the search of the students to find PHS (Peace, Happiness and Security) will end ONLY after understanding the truth revealed in this module.

This is the proof that what is revealed here is the highest truth.

Absence of scientific proof does not confirm absence of consciousness. It only proves that the science does not have the required tools to prove the existence. It is like a blind person declaring, since I do not perceive color, they do not exist.

We need to examine our personal experience and validate our experience using the tools scientific or logical or study of Holy Scriptures.

Example: If you have pain in the leg and the doctors, confirmation based on all the medical scans that there is no pain will be negated. Similarly, we should negate the absence of scientific proof for our enquiry.

**Unit Test:**

**Session F80**

Explain the similarities, difference and relationship between Self, EGO, ONE, Universe, GOD.

Some time without understanding the question, we will be trying to find the answer. It is not possible to find a solution to a problem that does not exist in the first place.

Similarly, if are to start the enquiry on the existence of the universe, we will be searching forever just as the scientific community is trying to figure out the origin and boundaries of the universe.

Instead, we need to question the question. Does the universe really exist? Suppose the answer is no and there is a proof which can be verified both logically and scientifically, then we have found the solution.

Therefore, we need to eliminate this possibility as the first step in our enquiry. If we are to assume that the universe is an illusion, we need to understand the nature of the illusion and have to find out about the real entity that supports this illusion.

Holy Scriptures declare that the universe is an illusion and ONE is the only reality that supports this illusion.

This illusion is not very different from the normal magic show. When the magician performs various acts of appearance and disappearance, we see it with great wonder. We accept the inexplicability of the magic. Similarly, we need to understand the illusory nature of the universe and accept the inexplicability of the illusion. The universe appears to be real but actually, it does not exist.

The reason for the wrong knowledge is similar to the color picture on the white cloth. The white cloth is the only reality but it is shielded by the painting. Similarly, the universe appears to be real while shielding the truth.

We gain knowledge by relying on the inputs received from our senses. However, when we get stronger contradicting evidence then we should disregard the inputs from the sense organs in that respect.

Example: The sun appears to rise in the east and set in the west. This is the knowledge gained through primarily our eyes. Similarly, we feel that the earth is stationary. All our senses report this to be the truth.

However, on scientific enquiry we find this is a wrong knowledge. When stronger evidences are presented to us, we dismiss the authority of our sense organs and gain the right knowledge.

On gaining the right knowledge about the Sun and Earth, still our sense organs report that the Sun is rising in the east and the earth is stationary.

However, we disregard this information and we are firmly rooted in the right knowledge that is gained by the scientific enquiry.

Similarly, we need to enquire the true nature of the universe. All our sense organs show the universe to be real. Therefore, we are under the wrong knowledge that the universe is real. We need to gain stronger evidence in order to negate this wrong knowledge and to be rooted in the right knowledge.

This stronger evidence can be gained through scientific enquiry as it was done in the case of revolution of the earth around sun.

Science has already proved that nothing exists. The uncertainty principle has proved beyond doubt that the world appears to be real but it is not so.

Normally when we see an object it means it exists. If it is not possible for us to perceive the object by using any of our five senses then it means that it does not exist. Illusion is of different type. When we go to a magic show, we see things that do not really exist or do not see things that are right in front of our eyes.

The universe we see around is an illusion because we perceive it to be real through all our senses but on enquiry, we find it to be non-existent. We should not hesitate to accept the proof provided by science.

**Statement 48:** It is scientifically proved that the universe does not exist. It is an illusion.

Therefore, we should not keep asking the question, “How does a world, which does really not exist, appears to be existing”. The answer to the question is, “It is its nature”. If we ask a magician, “How did you do it?” he will answer, “That is magic”.

Just as a color cannot be comprehended by the ear, our mind cannot comprehend the illusion. Holy Scriptures provide answers to all the questions on illusion explaining that it cannot be understood.

From the scientific research we can understand that the world does not exist, it is an illusion. From the teachings in the Holy Scriptures, we can understand that the illusion cannot be understood.

The word 'self' normally means the combination of consciousness and inert matter. However, if we enquire how we came into the world, we will gain clarity on the reality. Human sperm is an inert chemical but unlike other chemicals, it has a potential to develop into a conscious being. This potential cannot be its nature, which can be proved through P/A Logic. Therefore, one has to conclude that it is not possible to explain how a conscious being evolved out of inert chemicals.

Science claims that the consciousness evolved out of inert matter, although they cannot explain how it could happen.

Logic tells us that consciousness is superior to inert matter. However, it is not possible to answer the question how we are born and what happens to the consciousness after death. We do know completely how the physical body originates from ovary and how it ends at death. Since the inert matter of the self (body) comes and goes, it can be logically concluded that the consciousness should be immortal atleast compared to the physical body.

The cause-effect relationship is valid only to certain level. In any field of science, it is not possible to establish a cause beyond three or four levels.

Example: How does cancer comes? Due to smoking cigarettes. There are many who smoke but do not get cancer! It may be due to heredity. Then why the siblings do not get cancer?

Since cause-effect is true only upto certain level, it can be logically debated whether it has any validity at all. Since we cannot scientifically arrive at the root cause of any effect in any field of science, it can be concluded that the resultant universe that we perceive has no cause.

We do see self as a combination of consciousness and inert body. We cannot determine the cause-effect of this combination. Therefore, we need to resort to the Holy Scriptures, which declare that the consciousness part of our self (referred as Self) is the only reality and the rest is illusion.

Our experience has given us the wrong knowledge about our real self. We need to gain stronger evidence through scientific enquiry to understand our true nature. Once we gain the right knowledge about ourselves, we can be firmly rooted on it.

We cannot accept the relative reality of the universe, unless we understand the absolute reality of the Self because that is the basis, which supports the superimposed falsehood.

In the picture unless we observe the presence of the real cloth, which is supporting the entire picture, we will not be able to accept the relative reality of the dress worn by the human figures in the picture.

We are receiving inputs from many of our primary source of knowledge, namely the five sense organs.

Example: Based on the childish voice we assume the speaker is a child. When we see the speaker, we get stronger evidence that the speaker is an adult with childish voice.

There is a contradiction: Ears report that the speaker is a child. Eyes report the speaker is an adult. We can ascertain the correct knowledge only through enquiry. If we observe that the voice is coming only from the speaker and we see him to be an adult then we should disbelieve the ears. But on our observance if it is found the person who is in front of us is moving the lips and a child is giving the voice from behind a screen, then we need to take the ears as the stronger source of evidence.

This ability to identify the stronger source is the key to find the right knowledge. Our five senses, keep reporting the existence of the universe around us. However, the Holy Scriptures tell us that ONE alone is real and the rest are illusion.

Now we need to discriminate between the knowledge given by the five senses and the knowledge given by the Holy Scripture and determine which one is superior. This depends on how good we are in our analytical capability.

Example: A ventriloquist can easily fool less intelligent people that the childish voice is coming from the lip movement of his adult companion. Only people with stronger discriminative power can figure out the truth.

Thus if we can discriminate properly we can figure out that the whole universe, including our body/mind complex is an illusion. If we enquire deeply, we will find out that there is someone observing the illusory universe. This observer, me is the only reality.

**Statement 49:** I am the only reality.

During the initial steps of the enquiry, we may find out that there is something real out there. This is indirect knowledge. When we know, "I am that", it becomes the direct knowledge.

It is important that one should continue the enquiry until the direct knowledge is gained.

We have five primary sources of knowledge, namely ear, skin, eye, tongue and nose. We experience this universe through these five sense organs. Among these five, the 'ear' has a special status.

While all the other five sense organs can, experience the objects only if they are directly accessible, ear alone has a special capability of comprehending the experience of the objects, which are not directly perceivable.

In addition, it has the capability of feeding the experience of all the five organs by using the memory. For example, a hypnotist can talk to his subject and it is possible for the subject to see, hear, touch, taste and smell objects that are not directly perceivable at that point of time.

Thus, the 'ear' can listen to words and convert them as complete knowledge without ever experiencing the objects directly. The knowledge thus obtained is called Indirect Knowledge.

Example: One might not have visited Auckland. But if someone describes the place in detail, the topography, type of people, landmarks, hotels, tourist spots, weather etc it is possible for one to gain the knowledge of Auckland without visiting that place. This is called Indirect Knowledge. This knowledge could be as complete as a Direct Knowledge. If this person after obtaining the complete Indirect Knowledge visits Auckland, he might be completely at ease with the new place. Infact he will move around the place with complete familiarity and no one will suspect that he is visiting the place for the first time. Still the knowledge he gets after visiting Auckland is a grade better. This is called Direct Knowledge.

Generally, most of the knowledge is first obtained as Indirect Knowledge and then converted as Direct Knowledge. For example, a trainee pilot obtains indirect knowledge about flying by attending theoretical classes and then gets the direct knowledge by flying an airplane.

Thus, we have formed a strong opinion that Direct Knowledge cannot precede the Indirect Knowledge. Although this view is true most of the time, there are some instances where the reverse is possible.

Example: In a car rally, the participants are to travel to different places and reach a final destination based on the clues given. Assume that one of the participant strayed into the final destination accidentally and trying to decode the clue that describes the destination.

He is directly experiencing the place around him. However, he does not know that, that is THE place he is supposed to reach, since he could not

decode the clue given to him. The clue is describing the place in which he is standing. He calls his friend over phone, read out the clue and seeks his help to locate the place. His friend decodes the clue and describes him about the place. This is the Indirect Knowledge.

However, he is experiencing the place directly he but did not realize it. Therefore, in this case the Direct Knowledge is preceding the Indirect Knowledge. Therefore, after obtaining the Indirect Knowledge he does not need to go anywhere. He will have an 'Aha' experience and he just has to claim victory.

Similarly, in the case of Self-Knowledge, we are experiencing the ONE all the time since we are the ONE. However, due to our ignorance we think we are mortal and finite.

Through detailed enquiry, we find out that nature of ONE, which is our destination. Firstly, we find out the nature of ONE is Ever Witnessing Joy. This is Indirect Knowledge.

We need to enquire until we get this Indirect Knowledge. Once we understand the Indirect Knowledge, we do not have to do anything. Since we are already experiencing that we are also Ever Witnessing Joy, we need to just claim victory saying 'I am the ONE'.

If one feels that he has the Indirect Knowledge but still cannot experience it directly, it means that his indirect knowledge is incomplete.

To continue our previous example: After reaching the final destination, one hears the description of the place from his friend over phone. If he says 'I understand what you are saying but do not know where that place is', it only means that he has not understood.

The only option is to continue the enquiry until he realizes that he is already standing in the place.

It may be difficult to obtain the Indirect Knowledge. However, once the correct Indirect Knowledge is gained there is nothing more to be done since the Direct Knowledge is continuously experienced all the time. Therefore, he just has to claim the victory.

Similarly, the enquiry on the true knowledge has to be gained indirectly by listening to a competent teacher.

The enquiry is complete only when the Indirect Knowledge is gained thoroughly so that one could correlate it to the Direct Knowledge, which is experienced all the time. Indirect Knowledge is gained through enquiry, which will end when the Indirect Knowledge culminates into Direct Knowledge.

In case the enquiry on ONE, does not give us the Indirect Knowledge one can attempt to gain knowledge on Self (Who am I). This sort of enquiry may also lead to direct knowledge.

To continue our previous example: If it is not possible to understand the clue of the destination, the participant can describe the place in which he is standing to his friend over phone. If his friend is competent enough he will tell that 'That is the destination. You are already there!'

Thus, there are many ways of getting Indirect Knowledge and getting the correct Indirect Knowledge will lead us to realize that we are eternal, immortal and infinite while the Universe and the Living beings are mere illusion.

**Statement 50:** If we understand the nature of ONE perfectly and say ONE IS THERE, it is indirect knowledge.

**Statement 51:** If we claim I AM ONE, after understanding the nature of ONE, it is direct knowledge.

Example: In a dream, tiger is chasing you and you are running for your life. At that time a person sitting on a tree is telling you "You are just dreaming, do not get scared". On hearing this, if you get knowledge, that there is a person sleeping comfortably on the cot, it is indirect knowledge. You will continue to be scared of the tiger, which is chasing you. Instead, if you wake up and claim 'I am sleeping on the bed', then the dream tiger can no longer scare you. This is direct knowledge.

**Statement 52:** Without the indirect knowledge, direct knowledge is impossible.

**Statement 53:** Without the direct knowledge, indirect knowledge is incomplete.

Waking up from a dream will remove the dream tiger from the perception. However, when we wake up to the absolute knowledge (self-realization), the perception of the illusory world will not disappear. If a tiger is chasing us, we will have to continue to run and climb the tree to escape from it. Otherwise, it will eat our body, since both of them pertain to the realm of relative reality. The knowledge that our absolute real self will not be hurt by the relative reality, can only reduce or eliminate the fear in our mind, depending on how well we have trained our mind.



The nature of this universe could be discussed from three different perspectives. If it is questioned whether the universe really exists, there will be three different answers. All three answers are correct from the respective perceptions.

Perception 1: From the point of view of ignorant people (common person) who is caught in the eternal cycle of miseries of the world.

**Statement 54:** 'Universe exists for real. It is an absolute truth' – Common man

Perception 2: From the point of view of an intelligent person who is making an enquiry to find the ultimate truth so that he could get liberated.

**Statement 55:** 'Universe appears to exist but on enquiry, it does not seem to exist'. Therefore, it is impossible to say whether it is real or false. It is a mixture of both. – Intelligent man

Perception 3: From the point of view of an enlightened person who is completely liberated from the eternal cycle of miseries in the world.

**Statement 56:** Universe does not exist at all. It is just like a dream. – Enlightened Man

This is explained with the following example:

Example: A rope lying in semi-dark place appears to look like a snake.

Question: Is there a snake?

Perception 1: For a person who mistakes the rope for the snake, it is an absolute reality. He sees the snake. He gets scared of the snake, his heartbeat goes up, his blood pressure goes up and he starts perspiring. Therefore, from his point of view the existence of snake is an absolute reality.

Perception 2: The second person, who arrives at the scene at the request of the first person, starts the enquiry. Since he finds it to be motionless he suspects that it may not be a snake. However, he is not able to convince the first person. Therefore, from his point of view the snake is neither real nor false. It is inexplicable.

Perception 3: For the one who sees the rope very clearly, there is no snake. It does not exist at all.

The universe is just like the non-existing snake, which appears to be very real to most human beings. When the process of enquiry begins, it will appear to be inexplicable. When the enquiry is completed, it does not exist at all.

Most human beings face some problem or the other throughout their life. When they are in the midst of the problem, it will look very real. If they start a proper intellectual enquiry, it will appear to be real and false at the same time. Therefore, they will come to a stage when they say, "If I probe into the problem it looks very unreal but then I am still suffering. So I am not able to explain whether the problem is real or not."

Example: When we were students in the secondary school, corporal punishment was a real problem. However, when we look back now, it is a matter of fun to discuss the same with the friends and family. What was the problem to the student is fun from the adult perspective.

Thus, the seriousness of any problem in life depends on how it is perceived. The same set of events will be a crisis for some, problems for some and mere situation for some.

Example: A teen-age student mistakes the kind behavior of her teacher as love and wants to marry him.

Question: Is there real love between the student-teacher?

Perception 1: From the point of view of the student, the love exists for real. She is fully immersed in the thoughts of the teacher and she sees him as her life-partner. The mention of his name or his mere presence makes her feel very happy.

Answer: Therefore, the love is absolute reality for the student.

Perception 2: From the point of view of the teacher, there is no love. It is a good relationship between the student-teacher. All his actions towards her are very normal and not in anyway induced by the feeling of love. However, he is not able to convince the student that he is not in love with her.

Answer: Apparently, she is in deep love. Nevertheless, on enquiry it is seen to be just infatuation. It is impossible to explain the difference between 'love' and 'infatuation' to the student. Therefore, the teacher concludes that it is inexplicable.

Perception 3: From the point of view of an adult (may be the same student when she grows out of her infatuation) who sees the whole relationship in the true perspective there is no issue at all.

Answer: Therefore, the love is a non-existent feature.

**Statement 57:** On deep enquiry, we find that our problems do not exist at all.

**Statement 58:** All the objects in the creation are just names and forms. In reality, they do not exist at all.

For those people who blindly believe their sense organs without any thinking the object may be real. However, upon scientific investigation and logical analysis one can easily see that the object does not really exist. At the same time since it is perceived by the sense organs, it is difficult to declare that the object is non-existing. As a result, one will feel that it is not possible to comment on the true status of the object. However, one who is liberated will see that the object does not exist at all.

Example: Bangle is a name and form of gold.

Question 1: Is there a bangle that is independent of gold?

Question 2: Can the bangle shield the existence of gold?

Perception 1: A person who does not do any enquiry will see only the bangle and will not see the gold at all. For him the bangle is the only reality and the gold does not exist at all. Since he is very ignorant of the gold, he may not understand both the questions.

Perception 2: A person who makes an enquiry will find that the bangle is nothing but gold in a particular form. Therefore, it is clear only gold exists but the first person sees only bangle. Therefore, this person finds it difficult to answer both the questions. He knows that the bangles not independent of gold. At the same time, it seems to shield the gold from the first person. Therefore, he is not able to say no to the first question and finds it confusing to answer the second question.

Similarly, many scientists have confirmed that when any object is broken down to the atomic level, it appears to be non-existing (Uncertainty Principle). Therefore, it can be logically concluded that the universe does not exist. However since many people perceive the universe, it is difficult to say whether it exists or not.

Perception 3: For those people who know the truth of the bangle see only the gold. For them the bangle does not exist at all. As a result, they will not attempt to answer both the questions.

Example: A woman who walks into a gold jewelry shop will find each piece of the jewelry to be different. However when a burglar enters the shop, he will see only one item in the shop. Gold

Thus the entire universe together with all the living beings (including self) and GOD are nothing but ONE. So the enlighten sees the expression ONE alone and does not recognize the existence of anything else.

## Lesson 27: Results of the enquiry on Self and the Universe      Session: F48

Based on the enquiry conducted it is clear that the entire universe is just a name and form without any substance. The basic substance on which the apparent universe relies is the only truth that exists.

**The first person** sees the universe and does not see the ONE at all. He gives reality to everything he perceives. As a result, he is caught in the problems of life.

**The second person** after the enquiry sees this universe as a big confusion. It appears to be real but on enquiry, it seems to be non-existing. Moreover, it is very difficult to comprehend how a non-existing thing can hide something on which it depends for existence.

Example: A magician asks one of the spectators to go inside a box and says he is going to replace the person with another person. When the box is opened, the same person walks out with a new shirt. Everyone including that person assumes that he is a different person!

This is very improbable to happen in real life. Nevertheless, this is exactly what seems to be happening now.

ONE is the basis of the illusion. The illusion projects the images of ONE differently as living beings, GOD and Universe. These projections shield the presence of ONE. As a result, the human beings are ignorant of their real nature and assume that the universe is real. Such is the power of the illusion.

As a result, he sees the universe to be an inexplicable concept.

Since **the third person** is fully aware of the effect of the illusion, he does not see the universe at all. As a result, he is free from all the problems of life.

These three perceptions of the illusion also signify the progress of the ignorant person to become an enlightened person through enquiry. As long as a person remains ignorant, about the truth of Self, GOD and the Universe, he will not be aware of this illusion. When one starts enquiry, this illusion will be an inexplicable concept showing the universe as non-existing while it continues to affect his life. On successful completion of the enquiry, the illusion will not be of any interest. Just like, we do not take the dream to be reality and be entangled with the objects/ events/ persons of the dream, after enlightenment one is not caught in the objects/ events/ persons of the universe.

If the universe is real then it is possible to give answers to all the questions relating to its origin and sustenance. If we are aware that it is an illusion then there are no questions to be answered. All we need to do is to understand that it cannot be and need not be answered.

Example: The first person sees a rope as snake. The second person asks him many questions like which species of snake, how old the snake is etc. To the third person who sees only the rope all these questions are irrelevant.

All such questions on the universe are irrelevant because just like the snake it does not exist.

**Statement 59:** Depending on the depth of the enquiry and the intelligence of the person, each one will hold different levels of truth.

Similarly, the whole universe does not exist. However, the observer who is observing the illusory universe is real.

Although the enquiry is done using the words, one has to go beyond the words to the meaning of the words to get a grasp of the reality. If we continue to discuss and debate without attempting to go beyond the words, the enquiry will remain as an intellectual exercise. Such an intellectual exercise may also add to our existing list of miseries in life!

It is impossible to gain knowledge without receiving the information through words. Therefore, we need to resort to words. However, we should not remain at the level of information for too long.

All the Holy Scriptures of the world are describing something which cannot be described by words, since there is no other way to convey the knowledge. The reason for so many controversies in the name of the religion shows that people are stuck up with the words and not going beyond the words.

When we want water, it has to be served in a container. We need to quench our thirst by drinking water. Instead, we spend time in analyzing the container and debating on its nature or quality.

Similarly, once we understand the illusory nature of the world and the absolute reality of self our problems in life will be dissolved. There is no point in asking questions on the nature of the illusion. Joyful Living was our only goal for which we undertook the intellectual exercise of enquiring the nature of the Self and the universe. We should not lose sight of our goal and get stuck to the intellectual exercise.

The necessity for an enquiry arises only when there is contradicting evidences. One must have a strong sense of discrimination in order to analyze the apparently contradicting evidences and come to a single conclusion.

The ultimate truth is only one. Therefore, it is essential to come to a single conclusion. One should not compromise on the truth. The depth of the enquiry depends on our sense of discrimination.

Most people do not see any contradicting evidences in the universe. For them there is no need to conduct any enquiry. Their source of evidence is the five sense organs through which they perceive the universe around them. Since the sense of discrimination is not strong enough they accept the universe to be real without any enquiry.

As the sense of discrimination increases, they start questioning the evidences collected from the five senses. They then start seeing contradictions.

Example: The eyes see an object and report the shape and color. It means that object exists at that point of time. Eyes do not guarantee that the object will exist forever. Nevertheless, we wrongly conclude that everything around us is permanent.

In addition, we start seeing objects that are not visible to the eye using our sense of discrimination. By seeing the smoke we infer the presence of fire.

Therefore, we advance to a stage where our source of information is not the sense organs alone. We start accumulating knowledge by the use of our sense of discrimination.

As we progress in this direction, we come to a situation that our sense of discrimination conveys a truth, which is totally contradicting to the knowledge provided by our sense organs.

The universe appears to be present, as perceived by the sense organs. However, our sense of discrimination says that it is an illusion.

When such contradicting information is gained, we should be able to come to the correct conclusion. We should figure out that there are two orders of reality. In the absolute reality, the universe is an illusion and in relative reality, the universe is real.

Accordingly we act in this universe as if it is real, knowing all the time that it is an illusion. Thus, once we find the truth we continue to live like anyone else and at the same time, the universe loses its power to hurt us in anyway.

## **Lesson 29: Practical – Inexplicability of the universe      Session: F50 – F53**

There are many serious scientific investigations being conducted in varied fields to find the ultimate cause for everything.

Example: An apple falls from the tree. Serious scientific investigation is conducted and the theory of gravitation is discovered.

Similarly, there is a continuous effort to find the cause for everything with a hope that one day we will know everything that needs to be known through science.

However, this is a never-ending effort. One should have the wisdom to see that it is not possible ever to find the true nature of anything. Any investigation can progress only for few steps and eventually one will come to a dead end.

Example: Physicists keep breaking the matter into smaller and smaller particles in order to understand them. They kept inventing new laws and gaining new knowledge until they reached the subatomic level. Then they discovered that the laws that are applicable at the macro level no longer work in the subatomic level. Further investigation resulted in Uncertainty Principle, which in other words mean that it is not possible to explain.

Therefore, it is important to recognize the fact that it is not possible to find explanation for anything in any field of science. Even the existence of a simple object cannot be explained completely.

Example: How this shirt is created? It is impossible to answer this question completely. It is possible to talk about the cloth – thread – cotton level. If we analyze the cotton, we can hardly see its constituent. It just disappears in front of our eyes. Even if we use microscope we cannot see it after a certain level.

Even if we say that the cotton has come from a plant, we will not be able to identify the origin of the plant. We might have to talk about creation at the time of Big Bang, which is only a theory.

Questions will be never ending and even if one goes on explaining upto Big bang, it is not possible to answer the questions on 'what' and 'why' relating to any object in the universe.

Such questions could be endless. Enormous amount of time, energy and money is being spent and the most intelligent among the human beings have tried their level best to get the final answer.

It can be easily seen that it is impossible to find the final answer if we consider the following fact.

In any cause-effect principle, the cause must have the attributes of the effect. For example if ring is made of gold, it should have the properties of gold. It is not possible that a cause and effect be of opposite nature. For example, light cannot come out of darkness or darkness cannot come out of light. However, we see that Inert object and Conscious principle are co-existing in living beings.

According to the scientists, consciousness has evolved accidentally due to chemical reactions between the inert objects. This is another way of saying, "I do not know".

The Holy Scriptures declare that the inert objects are manifested (not created) out of the conscious principle and they appear to exist which is an illusion. This is another way of saying, "It is not possible to know".

Since the cause and effect cannot have contradicting/ opposing attributes neither could have caused the other. Nevertheless, the fact is we see both Inert Objects and Consciousness co-existing.

Therefore, we need to understand the fact that there is no way we can explain this phenomena completely.

Scientists are making progress in their effort by continuously inventing new theories that overthrow the earlier ones. Moreover, none of them claims that their discovery/ invention will stand the test of time. Each invention is just a theory, which is waiting to be disproved by the subsequent research.

Holy Scriptures declare the ultimate truth (not a theory) which will stand the test of time. It is fully explained why it is not possible to explain the reasons for anything. It is not expected that one should blindly accept that it is not possible to find the ultimate reason for anything/ everything. One should undergo serious learning, reflection and a long period of inner transformation to understand why it is not possible to explain anything/ everything.

Once we understand that nothing can be explained by empirical method then the eternal search will stop. Thus understanding that one cannot understand is the ultimate understanding.

'I do not know' will result in eternal search. 'I know that I cannot know' will end the search.

### **This inexplicability can be explained from another dimension.**

We are aware that we are a living being different from an inert object. Suppose we touch an ice cube, we feel it is cold. In addition, we are sure that the ice cube does not feel the warmth of our touch. Are we equally sure that our finger feels the coldness all by itself?



People who do not think will reply, 'Yes my finger feels the coldness'. According to them, there is a difference between the ice cube (which cannot feel the sensation) and the finger (which can feel the sensation). They will attribute the difference to the 'life'. Finger has life while the ice cube is inert.

This is obviously wrong.

People who apply their mind before answering the question will perceive that finger is just a tool that is used to feel the sensation. There is something else other than finger that feels the sensation and not the finger. For example if the person's hand is paralyzed, then the finger cannot feel any sensation. Therefore, it can be clearly seen that there is no difference between the finger and the ice cube. Both are inert objects.

So which is the living being that feels the sensation of the ice cube?

If it is not finger, people may answer, "It is the mind that feels the sensation". According to them, there is a difference between the ice cube (which cannot feel the sensation and the mind (which can feel the sensation). They will attribute the difference to the 'life'. Mind has life while the ice cube is inert.

This is also wrong.

Mind is also an inert matter just like the finger or the ice cube. What differentiates the mind from the ice cube is its capability to reflect the consciousness. This is proved by the fact that we are aware that we had a deep sleep when the mind is totally absent.

This consciousness is the 'life'. The ice cube, finger and the mind are inert objects. Since the mind is also inert, it cannot comprehend its own source of life.

Example: A torch light is powered by battery. While the light can illumine every object around, it cannot illumine the batteries that are powering the bulb.

Similarly, the mind cannot perceive the consciousness since it is enlivened by it. In case of the torch light, it can illumine the battery that is powering another torch light. Nevertheless, in case of the mind, all the minds in the universe are powered by the very same consciousness. Therefore, the mind can only understand that it cannot understand since it is an inert object.

Example: If we are kidnapped by a UFO into an alien universe, we need to accept that as a species of lower intelligence, we cannot comprehend their intention of capturing us.

Similarly, the mind has to allow itself to be a tool in the hands of ONE. Just as a finger can claim, that it is me, the mind can claim that it is me, the consciousness, without attempting to know who consciousness is.

Thus, the inexplicability of the illusory nature of the universe is fully explained.

In the case of the universe, we perceive it through sense organs and we negate it as an illusion through enquiry. In the case of god, our task is more difficult. We cannot perceive god through our five sense organs. Therefore, we need to use our discriminative power and see logically that there is god.

After such 'seeing', we should enquire further and understand that GOD is also an illusion!

**Through enquiry, we need to establish that GOD exists as an illusion.**

Is there god?

The answer could be obtained in two ways. Firstly, all the Holy Scriptures talk about god. Secondly, our own logical inference suggests that there is god. We cannot assume that the universe and the life in it came about without an intelligence cause.

No creation is possible without a creator. Since we see the universe, we can presume that there should be a god, who created it.

Most people will agree that god exists but they disagree widely on the name, form, attributes and such factors relating to god. Since it is not possible to perceive the god using our five sense organs we cannot come to a uniform conclusion on god as we do with respect to other objects in the world.

It is not necessary to come to a uniform conclusion on the name, form and attributes of god for us to proceed with our enquiry. Even those who hold that there is no god need to do the enquiry in order to verify their statement else, they will continue to be blindly believing that there is no god.

The first step in the enquiry is a deep desire to know true nature of god. This step is the most difficult step because:

- Those who do not believe in god may not easily accept the existence of god in order to understand the true nature. However if they somehow get the desire, the end of the enquiry will be more beneficial to them since at the end we are going to find out that GOD is an illusion.
- Those who hold on to their personal versions of gods will not be willing to analyze the true nature of GOD. If they strongly believe that their version of god alone is the ultimate truth, they are not yet ready for the enquiry. They should continue to function as dictated by the governing principles laid out by their personal gods. If they follow the path faithfully, they will be ready for the enquiry one day.

- Those who do not hold any one name/form as god but believe in one universal god are the most suitable candidates for conducting the enquiry to find the true nature of GOD. They hold the higher-level truth. However, they also may not be willing to conduct an enquiry with an open mind since we intend to declare GOD as an illusion.

The second step is to consider the description of GOD according to the Holy Scriptures, which can be validated by logic. For the sake of guiding people at various levels of intelligence, the Holy Scriptures would have talked about many different versions of gods. Nevertheless, we need to find out whether the ultimate definition stands the test of logic.

For example, it is illogical to consider an entity as god, which is independent of the earth/ universe. If the god is to sit in a heaven and supervise the functioning of the human beings on earth, he is yet another monarch governing us and not an all-powerful god.

One such description of GOD, which fits the test of logic, is detailed below:

GOD can be understood easily by comparing GOD with us. When we say 'I' we mean the living being that is housed in this physical body. GOD means a living being that is housed in all the physical bodies in the universe.

The entire universe is GOD. When we look around, we do not see anything but GOD. This is the physical part of the GOD.

We have a mind, which is independent of our body. Similarly, GOD has a mind, which is the cumulative aggregation of all the minds in the universe. This is the subtle part of the GOD sometime referred as cosmic mind.

Finally, we have a causal body, which holds the seed for our physical body and mind. This causal body holds the preferences and accumulated results of our past actions in addition to our physical body/ subtle body (mind) in the potential form. The aggregation of all the causal bodies in the universe is the causal part of the GOD.

We can perceive our physical body and others also can perceive it. It is like a seeing in bright day light. We can perceive our subtle body (mind) but others cannot perceive it. It is like seeing in dusk or dawn. A vague outline can be seen without much clarity. Neither others nor we can perceive our causal body since its basic nature is ignorance. We were identified with causal body during deep sleep and consequently we are aware of nothing. It is like seeing on a pitch-dark night. We cannot see ourselves!

Another example is seed, plant and tree. Looking at the seed, we know it is there but we have no more information. This is the causal stage of the universe. When the seed sprouts, we have some idea of what it is. This is the subtle stage of the universe. When the seed becomes a fully-grown tree, all the details are very clearly perceived.

Similarly, GOD can be perceived very clearly only in the full-evolved universe. Manifestation of the universe also follows the same principle of seed becoming a tree. When a seed becomes the plant, the entire seed becomes the plant. Both the intelligent cause and material cause of the plant is the seed. Similarly, the entire plant becomes a tree. Both the intelligent cause and the material cause of the tree is the plant. In the same way, GOD manifests this world. The seed is the tree. GOD is the universe.

Thus, the Holy Scriptures conclude that the GOD is nothing but the collection of everything in the universe.

**Statement 60:** There is nothing but GOD.

Example: There are various independent cells living and nonliving in our body. The total aggregation of all the cells together constitutes our physical body.

Similarly, all the living beings / inert objects together are called as one GOD. I exist in all my cells. GOD exists in all of us. There is no cell (dead or alive) in my body, which is outside of me. There is no living being/ inert object in the universe, which is outside of GOD.

The third step in understanding god is to do a logical validation of GOD as described above.

This is the first level of understanding that is acceptable to our intelligence. Once we recognize the existence of GOD as the sum total of the entire universe then we are ready to learn the ultimate truth.

There is no GOD since there is no universe in the first place. ONE, which is indivisible, appears to be divided into many objects in the universe. The entire collection is called GOD. It is beyond the capabilities of our intelligence to perceive how indivisible ONE appears to be divided.

The individual reflection of ONE gives rise to living beings and the collective reflection is GOD. However, the entire concept of reflection has a lower order of reality. In absolute reality, only ONE exists. In relative reality, inferior living beings and superior GOD exist.

Therefore, GOD is also an illusion just as the universe, which includes my body/ mind complex. I am the only reality.

We can prove the existence and the nature of GOD by extrapolating the cause-effect reasoning. The nature of a product can be analyzed to determine the nature of its source.

Example: By analyzing the nature of the wooden chair, we can infer the nature of the wood. An expert can easily say whether the chair is made of Rose Wood or Red Wood without even analyzing the sample of the wood out of which the chair was made.

Similarly, by looking at ourselves we can determine the source from which we are made. We are made up of the body and mind which reflects the consciousness. Therefore, the GOD also must be having a body and mind which reflects the consciousness. This view is confirmed by the Holy Scriptures as well. Our earlier example explains the relationship between Self, EGO and GOD.

Space	with	ONE
Water droplets in the cloud	with	Preferences constituting Causal Body
Other particles in the cloud	with	Inert matter in the universe
Each droplet that reflect space	with	Living beings in the universe
Cloud (The power of sun)	with	Universe/ Illusion (The power of ONE)
Reflected Space in the droplet	with	Ego
Reflected Space in the cloud	with	GOD

There are infinite numbers of particles in the cloud, which keep forming, disintegrating and reforming. There are infinite numbers of inert matter in the universe, which keep being converted into energy and being reconverted as inert matter. (The sum total of the energy and matter do not change. Energy/ Matter cannot be created or destroyed.)

Some of the particles in the cloud can reflect the space above. (Called water particles) Some of the inert matter in the universe can reflect the consciousness aspect of ONE. (It is called Causal Body of the individual that contains the blue print of the subtle body and physical body. It holds the preferences and accumulated results of the past actions of the individual)

The reflection of the space in the individual droplet is the EGO while the total reflection of the space in the entire cloud is GOD.

The individual reflecting medium (water droplet) is the subtle body (mind) of the living being and the total reflecting medium (collection of all the droplets) is the subtle body of the GOD.

The individual inert particle (water droplet) is the physical body of the living being. The remaining inert particles (non-water part of the cloud) are the inert objects in the universe. The entire cloud is the physical body of the GOD.

The cloud looks like a solid object from a distance. When we take small part of it to analyze, it disappears. Similarly, the universe appears to be real and when we analyze, it no longer appear to be real.

The cloud is the illusion. The space seen in the cloud is the reflection. Both GOD and Living beings are the reflections of the ONE.

It is easier to see the reflection of the space in a water droplet. Similarly, it is easier to see the EGO of the living being.

One has to infer that the reflection of the space in the cloud. Similarly, one has to infer the existence of GOD.

Nevertheless both the EGO and GOD are just illusion and not real.

Space is the only reality. ONE is the only reality.

**Statement 61:** GOD is the macro reflection of ONE, which includes the entire universe.

This is established through reasoning and logical enquiry. The knowledge so gained through enquiry is consistent with the description of GOD given in Holy Scriptures.

## **Lesson 32: Nature of GOD according to the scriptures    Session: F58 – F61**

The Holy Scriptures also states that GOD is the controller of the illusion since he is the perfect reflection of ONE. Based on the capabilities, GOD is described in the Holy Scriptures as Omnipotent, Omniprevalent, Omniscient and Omnipresent

### **Statement 62: GOD is Omnipotent**

GOD is all-powerful. He has laid out the cosmic law, which governs the functioning of the universe. All the laws discovered by science are instituted by GOD. A sample list of such laws is given below.

Archimedes principles, Newton's three laws of motion, Kepler's three laws of planetary motion, Boyle's Law, Joule's first and second law...the list is endless.

Since GOD alone could institute such laws, he is omnipotent. These laws cannot be changed or violated at all. Such is the power of GOD.

It should be noted that these laws are conceived and instituted by GOD and human beings have just found out the existence of such laws. Gravitational force existed long before Newton could write about it. GOD does not make any mistake in his job. A human being can make mistakes due to insufficient knowledge. When the human beings become more intelligent, the old laws (conceived through their inferior intelligence) may be are modified or replaced by a new law based on the new understanding.

In general, people do not recognize this power of GOD inspite of such strong evidences. Infact they go one-step further in their ignorance and hold only the violation of these laws show the power of GOD or the absence of GOD's power.

For example, it is against GOD's law that a man can change water into wine by touching the container. (We should praise GOD's power because he has instituted such a law. Else, when we drink coffee, it might become water after couple of sips. Thank God, the coffee remains as such until the last sip). When a man changes water into wine, there are two kinds of reactions.

Reaction 1: Changing water into wine is a miracle therefore GOD is Omnipotent. People react like this when the performer claims that he has the grace of GOD. (Normally such miracles are done to attract non-believers into god's fold)

Reaction 2: Changing water into wine is a proof that GOD is not omnipotent. People react like this when the performer claims that he does not believe in god.

Both are wrong. God need not be (and cannot be) proved by miracles. It cannot be said that just because a human being has violated a GOD's law, god does not exist. Both such reactions are baseless.

GOD is to be recognized as omnipotent because everything in the universe functions within the established laws. One of the important laws of GOD is that these laws can never be violated. Another law is that there is always an exception to a law. The only exception to this law is GOD. He alone is capable of breaking any the laws instituted by him.

The mere fact that whatever we see functions within these established laws is the proof of the Omnipotent capability of GOD.

Example: In a dream, a car will suddenly be transformed into a cycle

In the world, nothing like this will happen because everything functions according to the laws instituted by the all-powerful GOD.

**Statement 63:** GOD is Omniprevalent

GOD is the motive power, which drives all the living beings in the universe. GOD exists even within the inert objects. There is nothing in the universe in which GOD is not present.

Instead of logically seeing how this could be possible for GOD, we will now see how it is impossible for GOD not to be Omniprevalent.

If we assume that there is an evil force, which is devoid of GOD, then we run into many logical problems. It is like saying in a computer network there are certain set of computers, which are not connected to the central server. It means that there is more than one network. Therefore, GOD cannot be omnipotent. Like this, it is possible to list so many factors to show that it is impossible for the GOD not to be Omniprevalent.

In the cause effect cycle, normally we can perceive the cause only upto a level. Beyond certain stage, we can only infer and not perceive the cause.

Example: We can see the shirt (effect) and look for the cause (cloth). We look at the cloth (effect) and look for the cause (thread). The cycle will go on until cotton. At this point, we need to stop. If we start looking for the cause of cotton, we can only infer and not perceive its existence directly.

Just because we are not able to see the cause, we cannot deny its existence. Similarly, if we analyze the effect in the universe and keep looking at the cause, we cannot go beyond three or four steps. The only way to find the root cause of the universe is to depend on our logical ability supported by Holy Scripture.



Logic: If a chariot is seen running, we should infer that horses are pulling it. (It is impossible for an inert object to keep functioning without the support of a living being)

Similarly, if the earth, sun and everything around are to function then there need to be intelligent cause behind it. It is called GOD.

In addition to the intelligent cause, there has to be a material cause in the creation of the universe. The material cause is also GOD. If the intelligent cause is independent of the material cause then it means that there are god and something that is non-god. It is impossible to have a non-god because it cannot have a cause.

Thus, GOD, which is the ultimate cause, is Omniprevalent.

**Statement 64:** GOD is Omniscient

GOD is Omniscient means he knows everything.

We can only know that GOD knows everything but can never know how much he knows.

Example: If someone holds a degree in a particular subject from a reputed university, we know that he has lots of knowledge. We do not need to gain all his knowledge to know that he knows.

Thus, our knowledge on GOD's knowledge is limited to knowing that GOD knows and not attempt to verify GOD's knowledge.

Since it is already proved that, the GOD is the combination of all the minds of all the living beings in the universe. Therefore, it is obvious that the GOD has to be omniscient.

From another angle, it is popularly said 'God knows everything' with reference to the wrong actions.

Example: An accused claims innocence in court. Only the victim knows that he is lying but nothing could be done to prove his guilt. The victim says 'God knows everything'.

Since the accused knows the truth obviously, God will also know the truth (because the mind of the accused is included in God's mind)

Thus if we do a wrong action and forget about it, it still resides in the mind as an irreplaceable memory that will come with us for all the births to come. Such recording of our actions within ourselves (called as 'God Knows everything' since God includes our mind) ensures that we get to suffer for our wrong actions.

GOD does not have a mind of his own that is independent of the mind of all the living beings.

Example: The forest is nothing but a collection of all the trees. An individual tree is not a forest.

Thus, GOD is a combination of all the inert objects and living beings. Therefore, he knows everything.

Our knowledge is stored in our memory. This memory is available to us most of the time. Sometime we may not be able to recollect a particular piece of information and that does not mean that we do not have the knowledge. We either know or do not know. What we do not know we cannot recollect. We may not be able to recollect some information but we still have that knowledge in our memory.

Example: A stand-alone computer has specific data in the hard disk. A computer, which is networked, can access the data in all the computers connected to the network.

Similarly, since GOD is connected to all the memory of all the living beings, obviously, the GOD is omniscient.

We have certain knowledge, which we are not aware of. All the knowledge that we accumulate in a lifetime is fully available as our preferences that will be taken along with us when we take our next birth. As a corollary, as of now we have all the knowledge gained by us in all our earlier births.

It is not that we can access all the knowledge directly. As observed earlier many times we are not able to recollect the knowledge that is gained few weeks back. So obviously it is not a wonder that the knowledge accumulated in the earlier births are not directly available. Then how do we know that we have the knowledge that is accumulated from the previous births?

Example: We have deep interest and knowledge in a particular subject, say mathematics in our current life. This knowledge is available as our preferences in our next birth. This is proved based on our current experience. When the mathematics was taught in the class, we liked it more than our classmates did. We worked out additional sums at home willingly and improved our skills on mathematics because we have already studied it in our previous birth. Therefore, a sum, which is difficult for others, is easy for us.

GOD is aware of all the accumulated knowledge of all the living beings alive or dead. Therefore, he is omniscient.

## **Statement 65:** GOD is Omnipresent

GOD is omnipresent means he is ever-present. There was no time when he did not exist and there will be no time when his existence will end.

GOD is omnipresent also means he is everywhere. There is no place, where he does not exist. Moreover, wherever we look we can perceive only him and nothing else.

GOD is present all the time and everywhere but not in the way that he could be perceived through our senses. The universe is his physical body. All the objects in the creation are part of him. There was a time when the universe was not available for perception. It was in the seed form. When it is time for the living beings to start enjoying the fruits of their action, GOD manifests this universe in the way we can perceive it. It is just like our waking up in the morning. While we are asleep, we are not aware of the existence of the universe. When we get up we perceive the world. Similarly, when GOD wakes up the universe is manifested. GOD sustains the universe and when it is time for the living beings to stop enjoying the world, he withdraws the universe into singularity. In scientific terms, this cycle is called Big Bang followed by Big Crunch.

The process of manifestation, sustenance and resolution happens in a continuous cycle all the time repeatedly.

Example: A picture, which is painted on one side of the cloth, is displayed, held and folded.

Similarly, the universe is manifested, sustained and resolved.

The actions of the human beings determine the results that they are supposed to enjoy. A universe is created that is suitable and appropriate for the fructification of the results of the actions by the living beings done in the previous cycle.

Thus, the universe was never created for the first time. It is always present, but it has two statuses, visible and invisible. What we presently experience is the visible universe. Invisible status means the universe in the seed form.

In the visible universe, GOD is present in all the inert objects and in all the living beings. In the invisible universe, GOD continues to be the inert objects and living beings in the seed form, which is not available for experiencing.

Thus, GOD is omnipresent.

### **Lesson 33: Enquiry on the relationship between GOD and ONE**

**Session: F62 – F64**

In general, people are aware of GOD and ignorant of ONE. GOD and ONE are two different truths explained in all the Holy Scriptures. However, both are perceived as one truth by the followers of the various religions. The reason for this misconception is the absence of systematic study of the Holy Scriptures.

While studying the Holy Scriptures, it is essential to understand the central message by identifying the following six pointers.

- What is the message contained in the Introduction and Conclusion?
- What message is conveyed repeatedly?
- Is this message can be learnt from any source other than Holy Scriptures?
- Is it explained in detail through examples and logically proved?
- Has the scripture talked about the benefit of knowing this message?
- Has it praised this message and blamed the ignorance of this message?

In general, the Holy Scriptures contain various messages that are necessary to convey the central theme. Therefore, it is essential to use the above pointers to validate whatever conclusion one might derive from the Holy Scriptures. Once the conclusion is validated through these pointers, it can be assumed that, one has found the central message.

If the central message of any Holy Scripture is understood, then

- The necessity of all other messages is understood
- The oneness of all the Holy Scriptures is seen
- There will not be any confusion or contradiction on GOD
- The search for god will stop.
- It is no longer required to follow any religious practices
- There is no need to study any Holy Scripture
- The ignorant behavior of others will be understood
- The need to defend our truth will vanish
- There will not be any need for recognition.

As long as, the central message is not understood people will continue to be ignorant about Self, Universe and GOD.

From birth, people assume that they are the body and mind. They have only one meaning for the word 'I', which is the wrong meaning. There is no confusion in their mind since they are ignorant of their real nature.

Similarly, most people think that they know god. They have only one meaning for the word 'god'. Although this meaning varies among different religious groups, each one is sure that their definition is correct. However, as long as there is a

mistake in realizing the true nature of self, it is impossible to know the true nature of GOD.

The multiple definitions of names/ forms of Gods by the various religious groups are the conclusive proof that they do not know the correct definition. Logically there cannot be more than one god. In addition, it is illogical to assume that there are some religions talks about a false god. That means all the religions should be talking about the very same god. The difference of opinion is due to the non-discrimination between GOD and ONE.

GOD and ONE are two different truths.

**Statement 66:** ONE is the only reality. GOD is an illusion of ONE at the macro level and does not have independent, absolute reality.

GOD exists only in the relative reality just like our body and mind. There is ONE, which is the only reality, and due to the power of ONE, illusion is created, which reflects the features of ONE. This reflection is referred as GOD. In general, people use the term god to refer to ONE as well.

ONE exists forever

GOD comes into existence along with the manifestation of the universe. Once the universe is resolved, GOD is also resolved. GOD is the cause of the universe. The cause exists only when there is an effect.

ONE is action less and does not cause anything.

GOD does the manifestation and he is the cause of the universe.

ONE has the power of illusion. GOD is the reflection of ONE projected on this illusion. GOD is the combination of all the inert objects and living beings.

Example: To paint a picture a white cloth is straightened using starch.

The white cloth is ONE

The starched cloth is GOD (ONE together with illusion) in the Causal Stage

The starched cloth with the outline of the picture is GOD in the Subtle Stage

The starched cloth with fully painted picture is GOD in the Gross Stage.

Thus, GOD manifests himself as universe, which is available for perception.

ONE has no role to play in this whole exercise.

GOD plays the role of manifestation but he does it according to the preferences of the living beings.

Example: In the winter, icebergs are formed in the poles.

Water is ONE

The coldness is the power of ONE. The chilled water is GOD. At this stage, GOD is said to be in the causal stage. There is no division in chilled water. Similarly, there are no divisions of living beings in the causal stage. However the preferences and the accumulated results of the actions of the previous birth of each individual living being causes the chilled water to turn into ice bergs of different size and shape.

While the icebergs are in the process of formation, it can be said to be in subtle stage. At this stage, individual living beings could be identified and taken together it is the GOD in the second stage of evolution.

Finally, when the ice bergs are fully formed it represents the fully manifested universe, the GOD in is gross form.

Thus, there are two concepts: ONE, which is non-functional, eternal, and pure, and the Universe together with all the inert objects and living beings called as GOD, which is an illusion.

GOD evolves into the universe or appears as the universe instantly.

Example: In a dream, we travel from one place to another place. We might reach the destination instantly or go gradually.

We meet a 40-year-old stranger but he is only few minutes old in the dream.

Thus, the universe could have evolved through many logical stages of evolution OR it could have been created, as it exists today with varied life forms. According to the creation theory one fine day (it could be today), the universe appeared along with the accumulated memory of all the past events in everyone's mind.

Since the whole universe is an illusion, it does not matter how it really came into existence. If creation could be explained in a systematic manner with absolute clarity, it cannot be an illusion.

For academic purposes, it is assumed that the universe is created in stages of logical and systematic evolution. The truth could be otherwise.

## Lesson 34: Enquiry on the relationship between EGO/Self/ONE

Session: F65

EGO is the literal meaning of the word 'I', which includes our body/mind complex powered by the reflection of ONE. It is like the space reflected in the water.

Self is the real meaning of the word 'I', which is the only reality, ONE. It is like the pot-space.

It is already shown that our body/ mind complex is part of the illusion. The only reality is ONE, which is powering us. We are made up of the combination of ONE and the mortal body/mind complex.

It is our choice to identify ourselves with ONE and be immortal OR remain ignorant of the truth and think we are the body/ mind complex called as EGO.

**Statement 67:** ONE is the only reality. EGO is an illusion of ONE at the micro level and does not have independent, absolute reality.

The ONE and Self are one and the same. Just like there is no difference between the space inside the pot and space outside the pot, there is no difference between self and ONE. The difference if any is only in the name.

The word Self is used for ONE, when we refer the ONE that is reflected in the body mind complex.

Example: I am in a room where there are many mirrors. Looking at the reflection of my friend in one of the mirror, I tell him to look at me. He has the option of looking at any of my reflection or look at me directly. Whichever reflection he looks at, it is me. Even if he looks at me directly, it is me.

Each of my reflection together with the mirror, since the reflection cannot exist without the mirror, is called EGO. I am the ONE. EGO, which is one of my reflections, is shouting at my friend, "Why are you not looking at me?" In this example, it cannot happen since the reflection does not assume that it is an independent entity. However, in our case, we assume that we are independent of ONE.

ONE is the only reality. Moreover, the very same reality is the true meaning of the word 'Self'. ONE is changeless before creation, during the sustenance of the universe and after resolution. ONE by itself cannot do any function nor can perceive the universe. The very same ONE using the mind/ body of the individual living beings can do the transaction.

There are infinite living beings. Nevertheless, all of them are the reflection of the same ONE. Since there are many reflections, we refer to them by the word 'EGO' and we refer the original as ONE.

Thus, we are all the same ONE but due to our Delusion the intelligence is on the assumption that it is functioning independently without the support of ONE. Mind and body are just the tools of the Self.

It may be difficult for us to accept the fact that there are so many different reflections, reflecting the very same ONE. That is the reason we take long time to systematically study the Holy Scripture for a length of time under a competent live teacher and then reflect on it/ validate it before gaining the knowledge.

Even after gaining the knowledge, the apparent differences in the reflections will continue. The only change will be in our mind. We will no longer give the reality to the world as we used to give prior to gaining the knowledge since we now know that all the living beings are in fact ONE.

NOTES:

**ONE Vs GOD:** ONE is the only reality and the macro reflection is GOD

**GOD Vs god:** GOD is the reflection of ONE together with the reflecting medium (Illusion) and god refers to the normal meaning of the term used by ignorant people which may or may not include ONE depending on the level of ignorance.

**ONE Vs Self:** Both are same. The word Self is used to refer ONE in an individual

**Self Vs EGO:** Self is ONE and EGO is reflection of ONE together with the reflecting medium (body/mind complex)

**EGO Vs self:** Both are same

**GOD Vs EGO:** Both are reflections + reflecting mediums. But GOD controls the medium of reflection and EGO is under the control of the medium of reflection (We are under the control of our mind and the current effort is to bring mind under our control)

**Self Vs self:** Self is ONE and self is ONE together with body/mind complex

**EGO Vs ego:** EGO is ONE with body/mind complex and ego is the 'I' thought

**Preference Vs Imprints:** Repeated thoughts create Imprints in our mind and the Imprints create likes and dislikes, which are called preferences.



The final destination in the process of enquiry of EGO, GOD and the Universe is to understand that all of them as illusion. If this is understood then the only remaining reality is ONE. When we understand ONE is the only reality then we will be far above the rest of the humanity squabbling over various religions. The differences and confusions prevailing on god will appear to be insignificant.

Example: When seen from the aircraft one cannot perceive the difference in the height between a grass and a coconut tree.

There are varying the levels of understanding among the rest of the human beings until they reach the level of this final understanding. It is essential that one is not caught in the relative pleasures gained in the process of gaining knowledge and stop the effort until one reaches the final level. The coconut tree cannot compare its height with grass and assume that it has reached the maximum possible height.

Until it is understood that both the living being and the GOD are reflection of ONE the enquiry should not stop. ONE has the power of illusion. GOD is a perfect reflection of ONE in this illusion and GOD creates the Universe and the living beings. Living being is the reflection of ONE in the subtle body.

All the problems in the life are created by the living being due to their misconception of their true nature.

It is not possible to accept that there is more than one absolute reality. Therefore, unless we prove Living being, Universe and GOD are illusion we will be involved in action to get liberation all the time. Then it is not possible to gain enlightenment through gaining knowledge. Only if the universe is an illusion it can be understood as illusion. Since there are many living examples of enlightened people who enjoy joyful living merely by gaining knowledge, it is definitely not required to perform any action in order to reach liberation.

If action will lead to liberation, then it is possible to guide all the human beings in performing the required action so that they can get enlightenment. On the other hand, it is difficult to make everyone understand since most of the people are not matured enough to comprehend the ultimate knowledge. Thus, there exists a divide between the enlightened and ignorant people.

In case of action-based results, it should be possible for the leaders to lead everyone through.

Example: If the children are not able to do the homework, the parents can do it for them.

Similarly, the enlightened persons can lead others easily. This is not the case. Since Joyful Living is possible, only through gaining knowledge the teachers have to struggle to make the students understand the truth. However intelligent

and competent the teacher may be, unless the student is fully prepared it is not possible for him to impart the knowledge.

In order to prepare himself to gain the knowledge, he may have to be involved in many actions, which are also prescribed in the Holy Scriptures. Therefore he should follow the prescription of the Holy Scriptures and get involved in action so that he gets enough mental maturity to receive the knowledge.

No one should be stuck at any sort of action (including praying to god) and expect to get liberated.

No one can try to gain the ultimate knowledge that will give the liberation without preparing the mind through selfless action.

Thus, action is a preparatory step for gaining the knowledge and gaining the knowledge is the final step leading to Joyful Living.

While we are dreaming, the events in the dream dictate whether we are happy or unhappy. Supposing we get to know that we are dreaming while the dream is still going on, then we enjoy the dream irrespective of the events in the dream.

Similarly, the events in the life will be alternating between fame/ blame, poverty/ prosperity, love/ hate and health/ ill health swaying us between happiness and sorrow. However, when we gain the ultimate knowledge that the universe is an illusion then the events in life will no longer have the power to distract us from our true nature, happiness.

If we understand the central theme of all the Holy Scriptures that ONE is the only reality and the rest are illusion, there is nothing else remaining to be learnt. We know that every object in the universe is essentially ONE. Everything else other than ONE is an illusion and therefore they need not be learnt.

Once we understand the oneness of ONE then life will be fun because it is a drama. Life will be joyful whatever be the twists and turns.

**Statement 68:** Through enquiry, we can find out that ONE is beyond enquiry.

### **How do we know that ONE is one?**

There appears to be multiple objects and living beings around us. How can we say everything is ONE?

There are two aspects in the existence of the various objects in the universe. "Book is", "Pen is" etc. If we pay attention to the names and forms like Book, pen etc then they will appear to be many. However, if we pay attention to IS ness then there is only one.

Example: In a jewelry shop, one can see many objects or one gold.

Another way to see the one ness is to observe our self. The objects may be many. However, the perceiver seems to be one. I see a book, I see a pen etc. Nevertheless, I am constant all the time.

**Statement 69:** I am the experiencer and therefore I am the ONE.

If a person is converting water into wine, it could be either a magic or a miracle.

**Magic** is something in which the viewers are made to believe that the natural law is broken. This means the performer somehow switches the container and makes the viewers believe that he has changed the water into wine. Although it may be difficult and requires some practice, it is technically possible for every human being to be trained to be a magician and convert water into wine.

**Miracle** is something, which actually breaks down the law invented by human beings (not GOD's law). Science has not progressed to its limits. If a person could change water into wine by mere touch, it only means that it is within the GOD's law but not yet understood by science. Miracle can be described as an impossible task for an ordinary man. However, since a mortal man has done this act, when science progresses to understand the process, it should be possible for everyone to do such miracles and convert water into wine.

**Statement 70:** Magic is no longer a magic if the process of the act is understood.

**Statement 71:** Miracle is no longer a miracle if everyone can do it.

Both Magic and Miracles should not affect our understanding that GOD is Omnipotent in anyway. The ultimate proof that GOD is Omnipotent is the existence of the universe. GOD has done a magic of hiding ONE and showing the non-existing world as real because he is all-powerful.

Example: In a magic show, all of a sudden a girl appears next to the magician. An old woman in the audience did not notice the appearance of the girl. She is under the impression that the girl is standing by the side of the magician all the time. While the rest of the audience is wonderstruck on how could suddenly a girl can appear on the stage, the old woman is very unimpressed. The assistant of the magician who is also sitting in front of the stage knows the trick. He also watches the girl suddenly appearing on the stage but he is as unimpressed as the old woman is, because he knows what really happened.

However, there is a difference between the assistant and the old woman. The assistant has lots of reverence and respect to the magician because he is very impressed with the capabilities of the magician. The old woman does not care for the magician much. All she knows is that the magician is the center of attraction but cannot figure out the reason.

GOD is the magician. He has created the universe. Just like the old woman, we do not realize the greatness of this act because we take the world for granted. Most of us are waiting for the god to send a messenger to show us some miracle

for us to believe that he is Omnipotent! Like the old woman who waits for a magic to be done until the end of the show, we are also waiting eternally to see the power of god. On the other hand, the enlightened people see the illusion and appreciate the power of god, just as the assistant is appreciative of the magician.

The assistant knows the trick but he cannot perform the trick. Only the magician has the capability to perform the trick. The assistant is awed by the capabilities of the magician.

An enlightened person knows how GOD has created the universe but he cannot create it. Only GOD has the capability to create the universe. He is awed by the capabilities of GOD.

Just after the conclusion of a trick, the old woman will murmur 'why can't he show some trick which I can see', most people in the world do not recognize 'walking on the road' as a magic and wait for someone to walk on the water.

## Lesson 37: Enquiry on the Omniprevalent capability of GOD

Session: F69 – F73

Everything in the universe is controlled by GOD and nothing in the universe functions without the will and acceptance of the GOD.

Since GOD is the driving force behind every action that happens in this universe, it can be easily seen that the actions of the individual human being is fully controlled by GOD.

Example: A cloth is made up of thread.

There is no cloth that is independent of the thread. The cloth has absolutely no freedom and it is completely dependent on the thread for everything. If the thread is folded, cloth is folded. If the thread is colored, the cloth is colored. The cloth cannot move a bit without the acceptance of the supporting thread.

Similarly, the universe is made up of GOD.

Just as the thread has become the cloth, GOD has become the universe (which includes all the living beings and inert objects).

There is no universe that is independent of the GOD. The objects in the universe have absolutely no freedom and they are completely dependent on the GOD for functioning. GOD has absolute control over everything in the universe just as the thread has absolute control over the cloth. It can be said 'nothing moves without god's grace'.

The term 'universe' includes all the living beings. This means GOD is controlling every action of every human being in the universe.

An important implication of this capability of GOD to be the driving force is the existence of free will.

**Statement 72:** There is no free will. Everything happens according to God's will.

This statement has to be understood with greatest care. It is not that all our actions are controlled by an external entity.

It is already said that GOD is both the intelligent cause and the material cause of the universe. Therefore, we are made up of GOD. GOD does not have an independent free will. GOD controls us by being prevalent inside our mind as our preferences.

In other words, the God's will is already available with us as our preferences, which are the results of our past actions.

GOD is controlling our actions through these 'natural' preferences in our mind.

Example: In a buffet lunch, there are several varieties of food. Every guest has complete choice over what he chooses to eat. Does free will exist? Yes, no one is compelling anyone to eat or not to eat a particular dish. Therefore, it appears that all the guests are using the free will and select what they want to eat. However, everyone will take only those items they like. They have no choice on their likes and dislikes at that point of time. So they are totally controlled by their preferences.

Most people go around and look around the spread before starting to eat. However, some people will search for specific items of their liking and pick only those dishes and ignore the rest. Some other people would like to taste little of all the items they like. There may be few, who want to try the new items on the menu. Some who are health conscious will choose food according to their permitted calorie intake. Few others will just freak out eating what is tasty, ignoring the health aspect.

Thus, each guest seems to be different but they are like preprogrammed machines. One who fills up the plate with two or three items will never try to taste 20 dishes. There seems to be no free will at all. Everyone is controlled by his preferences.

Thus, we do not have any free will and all our actions are controlled by our own preferences.

Example: Dhuriyodhana says, "I know what is right but I am not able to do that. I know what is wrong but I am not able avoid that. There seems to be an external force within me which makes me do what I do and I am helplessly watching".

This is the status of all the human beings. We all know the difference from the right and wrong actions. However, what is actually done by us seem to be predetermined.

Example: In the buffet lunch, a fat man takes lots of potato. He is aware that potato will not suit his body but still he cannot restrain himself from eating the potato. Where is his freewill? He seems to be fully controlled by GOD through his preferences (liking for potato).

There is another person who likes sweet but does not take it because he is diabetic. Does this person has free will and not controlled by his preferences? Not really. Through his past actions, he has developed a matured mind, which is not swayed by his likening for sweets. It is not possible for anyone to compel this person to take sweets. Again he is seems to be fully controlled by GOD through his matured mind.

Thus, all our actions are controlled by our preferences preset in us.

**Statement 73:** There is no God's will. Everything happens according to our free will.

This is another way of looking at the truth.

Example: A cloth is made up of many threads.

There is no cloth that is independent of the threads. The cloth has absolutely no freedom and it is completely dependent on the threads for everything. If a set of threads are folded, the cloth is folded. If the thread is colored, the cloth is colored.

Similarly, the GOD is made up of individual living beings.

Just as the collection of threads is called cloth, the collection of human beings is called GOD. GOD cannot intervene in our lives. We decide our fate using our free will. All our past actions are accumulated as our preferences and we function according to our own preferences. There is no role for GOD here.

The results of our good and bad actions of the past determine the opportunities that we get now. How we use these opportunities are influenced by our set preferences and accumulated knowledge.

Thus, it can be said that there is no God's will. Everything happens according to our free will only.

**Statement 74:** There is no contradiction between God's will and Free will.

As we have seen it is only a matter of perception, whether God's will or Free will dictates our life. If we understand 'who is GOD' and 'who am I' the question 'Is there a free will?' does not arise.

Example: I have butter but I do not have any ghee.

This statement is not true. The butter is the ghee. Similarly, our free will is the God's will.

However, for practical purpose we have two names 'butter' and 'ghee'. Similarly, we need to use the two terms 'Free will' and 'God's will' depending on the context. These two terms are not interchangeable (as in the case of butter and ghee) when it comes to explaining our actions and results of our actions.

All our actions which we do voluntarily influenced only by our Free Will and GOD has no role to play in it.

All the results of our actions are totally influenced only by God's will and our Free will has no role to play in it.



All our ACTIONS are done exclusively by exercising our Free Will. Whenever we have a choice, we have total control on what we do, how we do and when we do.

Example: On arriving in an airport, we seem to have complete control to select any one of the immigration clearance counter. If we feel that another queue is moving faster than ours, we have unrestricted option to switch the queue at any point of time.

At any given moment, what we are doing is entirely our choice. Therefore, we tend to say 'We have a free will'.

All the RESULTS of our actions accrue only at God's will. Whatever be the choice we exercise we are not assured of the expected result. It appears we have absolutely no control over the result and everything seems to be predetermined.

Example: Irrespective of the choice we make on the selection of the queue, we end up coming out of the Airport at a predetermined time (either late or early) which does not correlate with our choice of action. May be the queue in which we stood moved faster but the luggage might have taken longer to arrive.

Thus, the choice we have had at the time of action appears to be an illusion if we look back. (That means there is really no Free will at all)

However, although the results do not appear to be correlated with our actions, we had predetermined the results through our actions in the past, which we do not remember. (Some of such actions could have been done by us in our previous births). This means there is really no God's will at all!

Human beings perform actions. Such actions result in creating a set of preferences (our likes and dislikes) and a set of deferred good/bad results (all the results are not obtained immediately.)

Future actions are determined by the preferences. In addition, future results are influenced by the accumulated good/bad results of the past.

Since the set of preferences and the set of good/bad results are functioning from within us, it can be said that GOD is the motivating power, which controls us entirely.

**Statement 75:** Our will power plays a vital role in shaping our future.

Based on the above discussion on the Omniprevalent capability of GOD it appears that we are mere tools in the hands of the GOD, without any independent role to play in our life. This is true only for animals and inert objects. Human beings alone are endowed with the will power. This special design is also part of GOD's creation in line with the fructifying past good results of the living being.

In the absence of the will power the life is totally out of control since what we do is controlled by our past actions. Will power enable us to break free from this eternal cycle?

Will power is the ability of our intelligence to control our mind.

The mind is swayed by the pull of our sense organs (which are under the influence of our preset preferences). Depending on the truth held by our intelligence it can control the mind to do or not to do something.

Example: Cigarette smoking is bad for health.

Everyone understands this statement. Only few who have will power could stop smoking. This will power comes only through knowledge. If one really understands the effect of smoking and the necessity of a healthy body, he will develop the required will power.

If one is not having enough will power, then it is required to do as much good deeds as possible. Such good actions will bring good company, which will help one to gain mental maturity to understand the required knowledge.

In addition, the spiritual practices like fasting help one to develop will power.

Once sufficient will power is gained one can start using it to change the future

Example: Regular physical exercise is necessary for good health.

Everyone knows it. Everyone wants to do it. However, it does not happen.

If the concept of 'will power' is absent then only who are fit will continue to exercise and those who require doing regular exercises will never start exercising.

In order to do any action we need the combination of GOD's will and our free will. We cannot walk without GOD's will but GOD does not decide which direction we walk or where we go.

Example: Plants will not sprout without rain. Rain is the generic cause and the seed is the specific cause. Seed determines what sort of plant comes out. However, seed alone cannot become a plant without the support of water.

Therefore, it can be said any action is the result of the generic cause (GOD's will) and a specific cause (Our free will). In case of animals, there is no free will. Everything happens only due to GOD's will. If we negate the use of freewill, we can be classified as animals in human form.

## **Breaking the eternal cycle using Will Power**

Step 1: Gain required knowledge and conviction.

Casual reference of someone that exercise is good for health is not a sufficient motivator. One should be exposed to authoritative information and gain required conviction on the role of regular exercises in maintaining good health.

Step 2: Identify the appropriate preferences.

Once the conviction is gained one should explore the personal preferences with reference to the task involved. For example if one gets conviction of usefulness of the physical exercises then he should explore his personal preferences on the type of exercises, like whether he likes swimming (or hates it) or playing some games or go for a jogging with a close friend. One should select an option, which one likes.

Step 3: Use the will power and start the action

Initially it will be difficult to start and maintain any new activity. This is where the use of will power comes. Whether one likes or not if an action is done for a period of 14 days, it becomes a habit. Once it becomes a habit, there is no need to use further will power. Will power is required only to stop the habit! When one continues a habit for a sufficiently long period, it becomes a preference. Once it becomes preference, one will start liking the action.

Thus, the eternal cycle could be broken by using the will power. As seen will power is only a starting device. Once a particular wrong preference is avoided or a right preference is developed, the will power can be used for the next task.

Thus, a person should constantly improve in all spheres of life through the use of will power. Only such continuous improvement among the human beings, have made them as the dominating species in the world.

We need to use the relative 'I' (EGO) to know the absolute 'I' (Self). This can come only using free will. Once I know my Self, then I use my freewill freely knowing well the illusory nature of both EGO and GOD. At absolute level ONE or Self alone is the reality. At the relative level both EGO and GOD have relative freedom. GOD cannot create a world according to his own wish. He does it in line with the accumulated results of the action of the human beings. EGO does not have absolute freedom. He has to follow GOD's rules. Old age and sickness are to be understood to be absolute rules in the relative reality. If one accepts these relative bondages, voluntarily, then they do not bother much. On the other hand if one is bent upon changing the rule (the environment, which is actually decided by the accumulated results of all the living beings) to get freedom, it is like chasing a mirage. One will never reach such destination.

Understanding the absolute ONE, one gets freedom from relative bondage. If one understands that the relative reality of the world and therefore the existence of relative bondage, one will gladly follow the rules. This is freedom from eternal cycle. Understanding can happen only through the use of will power.

## **Lesson 38: Enquiry on Omnipotent Vs Omniprevalent    Session: F74 – F75**

GOD is said to be Omnipotent because he has complete control over everything.

GOD is said to be Omniprevalent because he is the motive power, which drives everything.

Together it means GOD resides in the entire universe and functions exercising its power of Omnipotence and Omniprevalent. It implies that GOD resides in our mind and using it as its medium it controls all our action.

Without using the medium (our body, mind and all the objects in the universe) GOD cannot do anything. GOD functions through all the living beings and the inert objects of the universe create all action. Just as a Prime Minister cannot do anything as an individual but as a Prime Minister, he has all the powers that are exercised through the government machinery, which includes other individuals. GOD using the entire universe as His physical body and using all the minds as His subtle body maintains and sustains this universe.

Example: The prime minister of the country selects various cabinet ministers and gives them powers to function. He has absolute control over the functioning of all the ministers. He is omnipotent in this respect.

The finance minister holds independent charge of finance portfolio. He has absolute power in preparing the budget. Although he prepares and presents the budget, he is doing it on behalf of the prime minister. The prime minister is the driving force behind all the expression of the power by the finance minister. The prime minister is omniprevalent in this respect.

The finance minister has a free will. He can appoint or dismiss a secretary. However, even this free will is given to him by the prime minister. Whatever one does as a finance minister are truly the actions of the prime minister. A finance minister cannot do anything, which does not stem from the power given by the prime minister.

Similarly, in the case of GOD, he is omnipotent and omniprevalent. It is like the prime minister himself holding the finance portfolio. When he presents the budget, the prime minister plays the role of finance minister.

The universe is nothing but GOD. It is governed by GOD. By being omniprevalent, he drives universe according to the orders given by the omnipotent god, just as the prime minister (playing the role of finance minister) presents the budget according to the power given by the prime minister.

## **Advantages of knowing GOD is Omnipotent and Omniprevalent**

If the prime minister and finance minister are two different persons, there is a possibility that the will of the prime minister is not reflected in the budget since the finance minister could have had his own personal agenda.

However, in the case of GOD since he is both omnipotent and omniprevalent, there is no chance of any mistake. The same GOD functions from within us according to the orders given by Him. Therefore, everything that is being done is strictly according to his will and there is no possibility of any mistakes.

If we understand this truth, there are three major benefits

Benefit 1: Since even our free will is god's will, whatever happens to us in our current life is perfectly in order. There is nothing to be worried about and there is no need to be anxious of the future.

**Statement 76:** No guilty feeling about the past and no anxiety of the future

Benefit 2: If both the controller and the controlled is GOD, we are very free. We do not have any attachment to anything. We are Ever Witnessing Joy who is always pure, free and eternal.

**Statement 77:** We do not have any responsibility to achieve anything in life.

Benefit 3: We do the work assigned to us by GOD willingly, as a puppet in the hands of GOD without any selfish desire.

**Statement 78:** We can do all our actions without any desire or attachment.

Therefore, it is essential to understand the capabilities of GOD fully.

GOD has created this world and have given free will only to human beings. We are free to use this free will absolutely according to our wish. Life is not possible either with exclusive GOD's will or exclusive free will.

Example: The organizers at Wimbledon decide on the date, fixtures, rules of the game and even dress code. Players have no freewill to break any of these rules. A free will is given to the players by the organizers on how they play. Although they could say, 'the player shall not use both the hands to play', they do not say it since it will affect the quality of the game.

If every stroke of the player is controlled by the organizers, no one will come to play. If a player is allowed jump over the net and break the opponent's leg, there will not be any game. Game is not possible with exclusive will of either the organizers or the players.

Thus, it is expected that we use our free will (which of course is granted by the GOD) in all our actions so that we excel in life as expected by GOD. (Wimbledon organizers want an interesting game, which is not possible if the players do not use of their freewill and expect the organizers to tell them what to do when the ball comes!)

## Lesson 39: Enquiry on the oneness of Self

Session: F76

Just like we see few of the countless objects and infer the existence of the countless objects in the universe, we can perceive the single consciousness in us, which perceives everything, and infer the very same consciousness in every living being.

Example: There are many waves in the sea. Nevertheless, all the waves are just water, which is same as the sea.

Just like the multiple waves, there are multiple objects in the universe. Nevertheless, in essence all the waves are nothing but seawater. Similarly in essence all the objects in the universe are nothing but ONE. It is not necessary for us to wait for all the waves to subside to declare that they are one and the same water. While the waves are still raising and subsiding, we can perceive the oneness of the waves. Similarly, we can continue to perceive multiple objects and at the same time see the oneness behind all the objects.

While the multiple objects are perceived or experienced, it should be known or realized that there is only ONE behind all the objects.

The IS ness of the waves belong to the water. Waves are just names and forms.

Similarly the IS ness in all the objects in the universe is ONE. The objects are just names and forms.

The ONE behind each of the object is called Self.

Example: The pot itself cannot move.

In this sentence, the Self in the word 'itself' refers to the pot. This Self is identical to the 'Self' in each object in the world. The ultimate I in me is the Self, which is identical to the 'Self' in all.

We can see this by reducing the whole world as illusion. The remaining truth is Self.

Since there is no difference between one self compared to the other it is the same.

However, it is not very evident that the self in us is the same as the self in everyone. It can be inferred only through a serious thinking.

Example: While visiting South Africa, I saw a person whose face is familiar. Then I commented, "This man looks like my professor". On enquiry I found out that, he was my professor.

Since it was not expected to see a known person in a strange place, we assume we see a different person. Nevertheless, on enquiry we can find out the truth.

Similarly, since it looks improbable that the very same self within us could exist inside the other person also, we tend to think there are two different selves. In the case of the professor, if we do not enquire we may never know that he is the same person. Like wise, if we do not enquire about the self we will continue to be ignorant.

How do we make the enquiry? In case of the professor, we ask for the name and other details. For some reason, that person gives false details. Unless we persist, we will not find the truth. Suppose we could establish through the finger print records and other such evidences that he is in fact the same person, we will believe the result of our enquiry ignoring the apparent contradictions (even if the concerned person himself denying the truth).

Thus in case of the self in others are presented to us under different name, body and mind, we tend to think that they are different. Nevertheless, we can logically infer that all of them are same.

Let us find out the true nature of our self through the process of negating what is not self. We are aware that our body is not self. It is also said that our mind is not our self. Can we imagine a self without mind? No, because any imagination is part of our mind. Any understanding falls within the scope of our intelligence, therefore it is not self. Any new feeling/ experience cannot be self. The one who is observing all these is the self.

Exercise: Sit in an erect position with relaxed body/ closed eyes. Start observing the thoughts. The thoughts might become fewer. At one stage, the mind will get engrossed in a particular thought and may not even know that it is thinking. At this stage, there will be no awareness of the body and mind. When suddenly you become aware that you are thinking, you can identify the awareness as the self.

This self is not limited by space, time and object.

Obviously, there cannot be more than one such self. Therefore, it is proved that there is only one Self in all of us. Moreover, it is the very same ONE.

**Statement 79:** All of us are one and we are the all ONE.

Self is the only reality.

Everything that we experience in the world is impermanent. All inert objects were created at some point of time or other. Whatever came up in time will vanish after certain point of time. Our body came into existence when we are born and therefore it will wither away in due course of time. What arrives in time will depart in time. There is no exception to this.

This knowledge is not only available from the Holy Scriptures but also experienced by us directly. Every human being is aware that death is inevitable. They also know, by experience, the uncertainty of the world.

However, the experiencer does not change.

That is our pure consciousness. It has never arrived in time and therefore does not come under the category of birth-death. Since there is nothing other than pure consciousness, it has to be present all the time.

The definition of truth is that which is present at all three times, past, present and future. Nothing other than Self can come under this definition.

When we dream, there are many dream objects in the dream world. Suppose in the dream if a person tells us that we are actually dreaming and none of the objects seen in the dream are real. We cannot declare everything including the self (dreamer) is unreal. It is not possible to dream if the dreamer is not existing. Similarly, when we find out that everything that is perceived around us are part of an illusion, we need to infer that there is a truth on which the illusion is projected.

That truth, which is the only reality, is our self. Since this self is part less and attributeless, it cannot be differentiated from any other self. There is only one self in all and that is referred as ONE.

Then why do we have two words as Self and ONE? It is just like the pot space and the outside space. Actually there is only one indivisible space but due to our ignorance we talk about two different space. Similarly, there is only one ONE but due to our ignorance we assume that the ONE which is functioning through us as Self is different. For ultimately arriving at the truth we accept the apparent distinction but at the end we say ONE = Self. It is like a mathematical equation.

There is no need to say  $8 = 8$  since they are apparently equal. We cannot say  $8=9$  since they are not equal. We can only say  $9-1 = 5+3$ . Although apparently all the numbers are different we write the numbers in two different sides and put the = sign in-between to indicate their equality. Similarly, You Are That, although from perception you are different from God, in essence both sides equal to ONE.



**Lesson 41: Enquiry on the result of our enquiry****Session: F77**

Can we experience the illusory nature of the universe OR is it just a logical conclusion based on the truth revealed by the Holy Scriptures?

Since our body/ mind are the part of illusion, can we ever experience it? We might be spending a considerable length of time on understanding that the universe is an illusion. We might get convinced on the logic and start believing that the world is an illusion. Nevertheless, may be it is not the truth. We can be absolutely sure only if we experience it ourselves. Is it possible to get such experience?

Example: In a magic show, the magician shows a big ball, which in front of our own eyes becomes smaller and vanishes without a trace in ten seconds. We have no clue how this trick is done. In addition, when we describe the event to our friend later if he asks 'how?' we are speechless. We realize that the illusion is inexplicable. However since we have experienced it directly, we have the conviction that it has happened.

Similarly, we have already seen that the illusory nature of the world is inexplicable. Can we experience it in the way we experience the disappearance of the ball in the magic show?

Yes, it is quite possible. We are experiencing the illusory nature of the world directly.

In the example, if the ball takes 20 seconds to disappear instead of 10 seconds, will it be an illusion? The answer is yes. If it takes 20 years to disappear, it is still an illusion.

We see that nothing is permanent in this world. What is today does not exist tomorrow. People keep changing and vanish from the face of the earth. Everything around us is in a constant state of flux.

Even our own body and mind keep changing every moment. While we notice the changes in the body occasionally, we do notice that the mind changes every moment. The nail we have now on our fingers was not existing couple of weeks before. The mind was calm and quite in the morning but by evening it is fully agitated.

We can see the time is flowing steadily converting the future to the past. The future is becoming past as we observe, may be at a slower rate compared to the magician's ball.

**Statement 80:** We are experiencing the illusory nature of the universe.

Among all these changes, we experience the observer to be constant, changeless and ever-present. That is the only reality, self. Everything else is an illusion.

**Statement 81:** I am the changeless experiencer who is aware of all the changes.

How long one has to study the Holy Scripture and enquire on the truth? The obvious answer is 'Until one gains enlightenment'. But there is an important difference between this question and a student asking how long I have to study.

Student asks this question since it is painful to study. This is true for achieving most of the worldly goals. Therefore, everyone will be naturally concerned with the time it takes to put in the effort. Thus, the question is asked 'how long should I study?'

However, in case of gaining the ultimate knowledge this common phenomenon is not applicable. The time spent on putting the effort will be as enjoyable as getting the desired result.

Example: I am feeling hungry, give me food to eat.

The question how long should I eat will not arise. Although eating is a means to an end, it is not difficult but it is an enjoyable process. And it gives benefit corresponding to the effort.

Similarly, in our quest for the knowledge the means is very enjoyable. During the study of Holy Scriptures, one has to study that he is immortal, pure awareness whose nature is to be joyful. These are very pleasant thoughts. Therefore, there is no need to crib or worry about how long one needs to go through this step.

Example: Someone shouts: 'You are a fool'

There are many ways to respond to such an event which will entirely depends on the personal preferences and personality of a person. However, if a person is ignorant, he will be hurt. An enlightened person will not get hurt because, he knows:

The other person is also the very same self

The body/mind complex of the speaker and self are parts of illusion

The world does not really exist

The words 'You are a fool' is a dream dialogue spoken out of ignorance.

I am complete as I am. I do not have to do anything to become complete

I do not have to gain any more knowledge

I am immortal (and he does not know he is also immortal)

It will be a pleasure to sustain such thoughts arising from the study of Holy Scriptures and therefore there is no point in asking the question 'how long'. Since the effort itself devoid of all the negative emotions and invocation of all good values, the effort is as joyful as the ultimate goal of joyful living.

**Statement 82:** If we understand the joyful nature of the enquiry process, we will not enquire on the required length of time.

**Notes to the teacher:**

Since the Unit 4 on enquiry is a long one, allow the students to assimilate the ideas by asking them to summarize the conclusions from the enquiry.

For example, ask the students to discuss the difference between

GOD and One	GOD and Self	ONE and Self
Self and Ego	ONE and EGO	Gods Will and Free Will
Omniprevalent and Omnipresent		Omniprevalent and Omniscient
Omniprevalent and Omnipotent		Omnipotent and Omniscient
Omnipotent and Omnipresent		Omnipresent and Omniscient

**Important:**

At the end of the enquiry, it should be realized that it is not possible to answer any question completely. The enquiry will become endless debate, if the students are aiming to gain intellectual superiority through their capacity to argue. The truth is all the above concepts are part of the illusion. There is no question to be asked about anything since nothing exists.

Therefore, the purpose of the enquiry is not to find answers to any question regarding creation, role of god, role of human beings, purpose of life etc. The purpose of the enquiry is to realize that there is nothing to enquire.

At the end of the debate among the students, the teacher can identify three types of people.

Type 1: Who are debating from the beginning to end (no end)

Type 2: Who are not debating at all since they do not have clarity

Type 3: Who stop debating after gaining the understanding that there is no point in debating.

Only Type 3 students are enlightened. They know that they exist and nothing else exists. They do not argue because both sides of the debate are meaningless and part of the illusion.

Game: Play the blind folded – obstacle-avoiding game where the obstacles are removed after blindfolding. The progress of the player is affected and he suffers due to the non-existing obstacles.

The world is non-existing and it gives all the problems to those who are blindfolded with ignorance. Clarity in vision that there are no obstacles should be the result of enquiry.

**Unit 05****Building blocks of Joyful Living****Number of Sessions 23**

(81 to 103)

**Number of Lessons 9**

(44 to 52)

On completion of this Unit, the student will be able to

- (a) Understand the impact of the three building blocks on Joyful Living
- (b) Assess his own stage of development with respect to each of the building block and set the course for improvement

**Notes to the teacher: (Ref 6.257 to 6.288 of the original text)**

Three factors (Dispassion, Equanimity and Right Knowledge) are referred as building blocks of Joyful Living from the point of view of enjoying the fruits of the knowledge. They are not strictly required in full measure for attaining enlightenment. After enlightenment, we realize that we are not the mind and the body and mind belongs to God in the relative plane of reality. We are supposed to maintain our body and mind complex in a fit condition till our death. These three factors provide the means and method to maintain our mind in the fit condition as trustees of the mind and not as an owner or possessor.

Secondly, to explain ANY CONCEPT fully, the students have to make an enquiry on three aspects namely, Cause or Origin, Nature and Effect or Consequence of it. Thus  $3 \times 3 = 9$  components are discussed in this unit and the student should be exposed to the cause, nature and effect in general without reference to the three building blocks so that they can apply their knowledge to other fields of knowledge as well.

Patanjali's Yoga Sutra is referred as Eight Enablers of Equanimity. Arrange for an external faculty who is an expert on Yoga Sutra to take Sessions F89-98.

**Unit Test:****Session F103**

1. Define the three building blocks of Joyful Living.
2. What is the recommended order in which the three building blocks are to be gained?
3. What are the stages of growth described for the three building blocks?
4. Is there any contradiction between Dispassion and Desire?
5. What are the Eight Enablers of Equanimity and describe each of them.
6. What are the impact if any one of the three components are gained less than 100%.

## Lesson 44: Three building blocks

Session: F81

The transition from ignorance to enlightenment seems to be a difficult if not an impossible task. It should be understood that it is not by luck/ god's grace/ chance one gets enlightenment. One has to put in hard work to reach the goal. The path is very systematic.

Attaining enlightenment is very similar to any other task like swimming or cooking a meal. For those who do not know how to cook, cooking a meal might look like an impossible task.

Example: Building a house is not an impossible task if one has enough money and desire to build the house.

Those who do not have enough commitment cannot attempt to gain enlightenment in this birth. Merely possessing money will not materialize the house. Similarly, the intelligence alone will not bring about enlightenment. One must have deep desire.

Once these two basic requirements are, fulfilled one is ready to embark on the path to enlightenment.

Three distinct but related building blocks (dispassion, equanimity and the right knowledge) are required to attain Joyful Living. Enlightenment is being rooted in the right knowledge that world (including the body/mind complex) is unreal. Such right knowledge cannot be gained without minimum measure of dispassion or equanimity. However if all the three building blocks are available in full measure then, only then, the quality of Joyful Living will be of the highest order.

**Statement 83:** Dispassion (Non-attachment to any object, event or person)

**Statement 84:** Equanimity (A calm and composed mind that does not get elated nor get depressed)

**Statement 85:** Right Knowledge [I am the only reality and GOD/ Universe (including my body/ mind complex) are an illusion sustained by me.]

It is like a three-ply rope. These three components are intertwined. One supports the other. It is not possible to start spinning a rope with just one strand without using the other two. To spin a rope all the strands are to be used in equal measure.

The strength and the length of the rope entirely depend on the strength and length of the strands. Similarly, the quality and the steadiness of Joyful Living depend on these three components. If anyone of the three components is weak then it will affect the effectiveness of the whole.

The cause or origin of dispassion is to see the inability of the worldly objects to provide lasting happiness.

Example: If food mixed with poison is given to a hungry person, he will have dispassion (and not eat) if he knows the limitation of such food.

Similarly, if a person knows the limitation of the worldly objects in leading one to sorrow, non-fulfillment and binding, he will have dispassion.

The nature of dispassion is to deciding to drop the dependence on the worldly objects for happiness, peace and security.

The consequence of dispassion is never again to become a slave to the worldly objects.

Dispassion is defined as non-attachment to any object, event or person. Attachment is a quality that binds us to the unreal universe. In order to live joyfully one needs to get freedom from attachments. Dispassion means not having any attachment that binds us to any object, event or person.

**Statement 86:** Dispassion is an internal mental understanding and does not warrant any changes in the behavior in the external world.

Example: You love your child. If you do not have dispassion, you are also attached to the child. Dispassion means to understand that the attachment is just an idea in the mind and not real. If you have complete dispassion, you will still love your child in the very same way. You will continue to do all your duties to the child (in a better way).

It should be noted that dispassion is not running away from the worldly possessions but it is a mental attitude towards worldly possessions. One who has complete dispassion may still be working and gaining worldly possessions. One can enjoy the pleasures of the world without any limit and still maintain the attitude of complete dispassion.

Example: A cashier in bank is handling lots of money. He does not feel sad when he gives out cash nor feels happy when he receives money because he has no attachment to the money.

One should be handle one's own money in this manner. The bank cashier is not careless with money but he does not have any ownership feeling. Similarly, one should not have any ownership feeling on the personal wealth. A person with dispassion will be able to handle wealth in a more efficient manner than one who is deeply attached to it.

Dispassion towards worldly objects, events and persons can be developed by seeing their inadequacy. People are generally caught in chasing the worldly possessions (including relationships/ friendships) thinking that they will get them the fulfillment. Unless one is weaned away from this wrong notion, he will not have the inclination to work towards enlightenment. To develop dispassion one should:

- See that the material gains are impermanent
- They do not give lasting happiness
- One does not get complete fulfillment on gaining any object

It is not enough if the limitation or inadequacy of the worldly possessions is seen or understood once. One has to keep reminding himself as often as possible to change the ways of life.

Example: Cigarette smoking is bad for health. One should keep on meditating on this thought until it sinks into the sub-conscious mind. Only after repeated autosuggestions given over a period, it is possible for someone to take necessary steps to stop smoking.

If the knowledge that cigarette smoking can be compared to the raw stage of a fruit, stopping the smoking habit is the ripe stage.

Similarly, one should get into a right company which points out the defects of the worldly possessions repeatedly and consistently. When this happens, one will have a deep desire to stop desiring worldly possessions.

It is not possible to develop dispassion in a short period. It requires many life times to acquire complete dispassion. Everyone has some degree of dispassion and one should continuously try to increase it.

Dispassion is the result of the knowledge that the worldly objects/ events/ persons do not give lasting happiness. Dispassion can come in two different ways.

Experience based dispassion. People think that they will gain the happiness on fulfillment of a particular desire. On fulfillment, some other desire will crop up. Thus, most people are on an ever-lasting wild goose chase. Those who are intelligent will see a pattern in this search for happiness and realize the truth that there is no lasting happiness in the worldly objects/ events/ persons. This experience will result in dispassion.

Knowledge based dispassion. If one systematically study the Holy Scripture with a view to understand the answers to the questions 'Who am I' or 'Who is god' they will end up in finding out that there is no lasting happiness in the worldly objects/ events/ persons. This knowledge will result in dispassion.

However, the quality of such dispassion varies person to person and time to time.

The various stages of dispassion are discussed below:

First-degree dispassion:

This is also called seed dispassion because without this minimum dispassion one cannot progress to next degrees of dispassion. In general, most people are busy chasing material objects and may not get a chance to stand back and reflect on what they are doing. Therefore, it is difficult to gain this first degree of dispassion.

The possibility of the world being a mirage is suggested in various books on philosophy. Nevertheless, one should have enough interest to read such books. With right company of friends, few stray into acquiring the seed dispassion, which motivates them to look deeper.

This may not happen to all. However, most of them after reaching old age develop a dispassion due to their inability to function in the world as before.

Second-degree dispassion:

This is partial dispassion. Such dispassion comes naturally when one becomes a parent. One starts sacrificing many things in life for the sake of their children. Without being consciously aware of they develop a sense of satisfaction by denying the sense pleasures to themselves.

With the seed dispassion and this experience of getting happiness without seeking sense pleasures make them progress faster. They soon will have a list of things which they were very fond of earlier (some such items were thought to be so dear that without them they cannot live) but no longer required.



Slowly people realize that there is no lasting happiness in the worldly pleasures.

Third degree dispassion:

This is also called blind dispassion since as long as the objects/ persons are not visible people do not crave for it. When there is an opportunity to enjoy sense pleasure they do not abstain from it but they do not seek them consciously.

This is the minimum level one has to reach to be eligible to gain the ultimate knowledge that lead one to get enlightenment.

Fourth degree dispassion:

This is the penultimate level of dispassion, wherein even when the objects of pleasure are available for enjoyment one does not get tempted. One is firm on the conviction that there is no happiness in the worldly possessions and stay away from them.

It will be much easier to gain the knowledge if one achieves this degree of dispassion. However, it is not a prerequisite that one should reach this level before gaining knowledge. This level can be easily reached during the Inner Transformation stage of gaining the knowledge.

**Statement 87:** Developing complete dispassion is possible only if complete Right Knowledge is gained.

Complete Dispassion:

It will be very difficult to reach this level without gaining the Complete Right Knowledge. Therefore, normally whoever reaches this level would have gained the knowledge also. Complete dispassion is a mixture of apparent opposites. At this level, one will not expect pleasure from any objects/ events/ persons in the world and at the same time, one will enjoy the possession of all of them.

Until one reaches this level, enjoyment of worldly pleasures may affect the progress towards Joyful Living.

Example: If one starts to enjoy the profits of a business, the tendency is to work for more profit and get more pleasure from the worldly possessions. Doing a business is like riding on a lion. The moment you get down the lion will eat you. Therefore, one is caught in the loop of earning and spending which will result in slavery to the possessions.

This does not mean that one should not earn money while working for Joyful Living. Definitely, there is a link between material pursuit and the effort to reach Joyful Living. If one desires happiness from worldly possessions, then the desire for Joyful Living gets a low priority. However, if one has achieved certain degree of equanimity, it is possible to work for worldly possessions and Joyful Living at the same time.

After reaching, this level there is no restriction on possession and enjoyment of worldly pleasures. One can own the entire world and enjoy all the worldly possessions without any limit since one has a doubtless knowledge that the world is an illusion and it cannot give any happiness.

Reaching this level of dispassion means one has already reached the goal of Joyful Living. It means one will/ may enjoy all the worldly pleasures without any limit. An outsider cannot see any difference in the behavior of a person with complete dispassion and another with no dispassion. Both will be entertaining themselves thoroughly.

The only difference is the person with complete dispassion will never feel bad or suffer. He will always be happy because he is aware of the limitations of the worldly possessions. The environment dictates the happiness of the person without dispassion.

Example: One falls in love and enjoys as long as the love lasts. Once the love breaks one gets depressed. The one with complete dispassion can fall in love instantly with another person if the earlier love breaks. Ofcourse it is not necessary that one should fall in love in order to be happy.

A person with complete dispassion derives pleasure from any object and does not depend on any one object.

Example: A two-year-old child wants a specific toy in order to be happy. However, a two-month-old baby is happy with any object. It smiles and enjoys a newly acquired toy. It can easily be taken away from the baby without causing any disappointment. Even snapping the finger or whistling will make the baby happy and it will not insist that it wants the old toy back. At the same time, if the same toy is offered again, it will enjoy it as before.

The two-month-old baby does not have any attachment towards any object.

Such is the ability of a person with complete dispassion. He can switch his object of enjoyment instantly because he is not attached to any object. In addition, he is aware that he does not need any specific object for enjoyment. It should be noted that some object is required to enjoy life since the mind is also a matter. Since the knowledge 'I am happiness' is present in an enlightened person all he requires is some object to enjoy his own happiness. We need a mirror to see our own face. Similarly, some object is required to enjoy our own happiness.

## **Lesson 47: Dispassion Vs Desire for worldly pleasures Session: F86 – F87**

There is a misconception, that once we become dispassionate about the world that we will not enjoy worldly pleasures.

The sole purpose of the existence is to enjoy the worldly pleasures. We have come here to enjoy life but we are caught and as a result, we suffer.

Example: A bee comes to a flower to enjoy the honey. If it is caught, it suffers.

One should learn to enjoy life without being attached. A person with complete dispassion alone is fully eligible to enjoy the worldly pleasures.

Example: In a theme park, only healthy people are allowed to go on a roller coaster ride. Persons with heart disease are not allowed.

Since there is no such restriction in the real world, people who are not eligible to enjoy the sense pleasures are indulging in various pleasure seeking activities. As a result, they suffer.

A person with complete dispassion is aware that there is no lasting happiness in the worldly possessions. Therefore, he does not depend on them for his happiness. At the same time, he can enjoy the sense pleasures as long as it is available with complete awareness that the worldly possessions give only reflected happiness.

Example: Everyone is aware that they are praying to a stone. However, they superimpose god on the stone and worship.

We salute national flag knowing that it is just a piece of cloth.

Similarly, the person with complete dispassion can superimpose the true happiness on the worldly possessions and enjoy them. It is not possible to neither perceive god without a stone nor see a nation without an artificial symbol like flag. Similarly, it is not possible to experience happiness without the worldly possessions.

Example: One cannot look at one's own face except as a reflection.

Similarly, one can see his own happiness only in the reflection on any external object. Therefore, the external objects are necessary for experiencing the happiness, which is our own nature. Any external objects will serve the purpose.

However, whether a person seeks worldly possession or not entirely depends on his personal preferences. One may choose not to interact with people and go to

a forest to live a life of a sage or may indulge in dining and dancing everyday. This is true for anyone with or without dispassion. Everyone seeks worldly pleasures according to their personal preferences and the person with complete dispassion is no exception.

Whether a person gets an opportunity to enjoy various sense pleasures offered by this world or not depends on the accumulated results of the past actions of the concerned person. This is also applicable to everyone without discriminating whether one has dispassion or not.

Thus, both the opportunity and willingness to enjoy worldly possessions do not depend on the degree of dispassion. When people enjoy worldly possessions, those with complete dispassion remains detached from them, others are being caught without their knowledge.

Another advantage that is enjoyed by those with complete dispassion is that they can choose to enjoy what they get or what they have. Whereas others have to work hard to get what they want in order to enjoy.

Those who are working towards increasing their degree of dispassion, intentionally self impose certain restriction on enjoying the worldly possessions because they may affect the spiritual progress. The progress is made as follows:

Intelligence tells the mind that there is no happiness in the worldly possessions. Mind restrains the action organs from seeking pleasure from the external world. However, if the sense organs are allowed to enjoy sense pleasures indiscriminately then they will influence the mind to disobey the intelligence. Therefore using will power, people who strive for Joyful Living, restrict the enjoyment.

Thus those who have complete dispassion and others enjoy worldly possessions, those who are working for Joyful Living may abstain from doing so.

**Statement 88:** Desire for enjoying the worldly pleasure is an obstacle to develop dispassion.

**Statement 89:** After developing complete dispassion, one can possess and enjoy all the worldly pleasures without any limit, since the desire will be absent.

Equanimity comes through the practice of Eight Enablers discussed in the next lesson. The nature of equanimity is to have a calm and tranquil mind. The effect of equanimity in general is reduction of worldly transactions. There is nothing in the world one will need to work to gain after gaining enlightenment.

Equanimity results when the mind is well rooted in the knowledge. The mind will not sway depending on the external objects/ events and persons because of the knowledge that the world is unreal. Having a calm, cool, composed mind is a necessity for Joyful Living.

Mind is like the rein, which is being pulled by horses in one direction and by the charioteer in the opposite direction. The rein is expected to follow the direction given by the charioteer and steer the horses in the right direction.

Mind receives inputs from the external world through the five sense organs.  
Mind also receives inputs from the intelligence on what is right.  
A weak mind acts on the inputs received from the sense organs only.  
A strong mind acts on the inputs received from the intelligence only.

A mind that has complete equanimity complies with the direction given by the intelligence but acts appropriate to the inputs received from the sense organs.

Example: A sweet is offered to a diabetic who likes sweets.  
If he is weak minded, he eats indiscriminately  
If he is strong minded he does not eat at all  
If he has equanimity, he eats within limits

In order to develop high degree of equanimity, one should discipline both the body and mind systematically.

This is achieved through doing our daily chores (including personal, family and professional work) in a systematic and preplanned manner. The whole attention should be on the quality of work done and not on the result.

A set of process goals (listing the tasks to be completed for the day) should be drawn for everyday and it should be verified for completion at the end of the day.

It is also important to have a fixed timetable for the daily routine like getting up from bed, eating etc. If the mind is allowed to do things when it feels like, then it is not possible to develop equanimity.

**Statement 90:** Following a daily routine and not allowing the mind to function the way it wants is an essential requirement to progress on equanimity.

Equanimity is the result of the perfection of the practice of the following eight steps. The first three steps are the foundation for the final two steps. The next two steps (4<sup>th</sup> and 5<sup>th</sup>) facilitate the 6<sup>th</sup> and 7<sup>th</sup> step. The 8<sup>th</sup> step is the cumulative result of the completion of the first seven steps. It is essential that the foundation be completed to some degree before proceeding to 6<sup>th</sup> step.

After analyzing all the steps, the foundation (the earlier steps) is to be made stronger before proceeding to the succeeding steps.

**Statement 91:** Abstain from five evils that are prohibited by Holy Scriptures

**Step 1: Abstention**

One should consciously abstain from:

**being violent** [One should not hurt any living being. Physical violence towards fellow human beings, animals and plants are to be totally avoided. It is also important not to use bad words that might hurt others. Even thinking ill of others should be avoided completely. One should be compassionate, affectionate, respect everything around]

**Lying** [To the extent possible one must speak only the truth. It is alright not to speak truth, but one must not lie at all. It is essential for one to be genuine and authentic, having integrity and honesty and to be honourable. One should align the thought, words and deeds based on a single truth. Even when one speaks the truth it should be told in a way that does not hurt the other. It should be talked in a polite, soft manner using nice words. It is essential to add lots of love if one sees the possibility of the other person getting affected by the words.]

**Stealing** [One should not take others possession without express and willing permission of the owner. It is also essential that one should not wish to take away others property. One should not rob others of their own experiences and freedom to meet a selfish end. ]

**Immoral sex** [It is totally prohibited to have sex with any unwilling partner. It is also prohibited to have sex with anyone who is less than 18 years old whether willing or otherwise. One should avoid all lustful activities]

**Amassing wealth** [It is prohibited to accumulate more wealth than required. The money earned should be spent to fulfill the basic needs of the self and the family. The remaining money should be spent on entertainment and hobby of the self and the family. If any more money is

remaining it should be spent on charitable purposes. It is perfectly alright to build a big business empire as long as the money earned is spent appropriately. Non-productive accumulation of personal wealth is prohibited.]

**Statement 92:** Observe the five noble deeds suggested in Holy Scriptures

## Step 2: **Observances**

One should consciously observe the following:

**Purity** [One should maintain purity both internally and externally. One should maintain personal hygiene and keep the place of living clean. It is also required things in the house are arranged in order. To the extent possible, one should maintain cleanliness at all times and at all places. In addition, one should entertain only pure thoughts. One should have reverence to orderliness, timeliness, precision and clarity.]

Water purifies the body. Truthfulness purifies the mind. True knowledge purifies the intellect. ]

**Contentment** [One should be contented with whatever one have in terms of possessions, people and health. There should not be any trace of greed or jealousy]

**Austerity** [One should practice some sort of self-denial. It could be by way of keeping quiet for a specified period or fasting. The idea is to train the mind to become stronger by giving it an opportunity to act against the interest of the sense organs or actions organs. Every religion has some practices/ rituals that enforce certain level of austerity. Examples are observance of Ramadan or pilgrimage to Sabrimala during which people follow such practices like not shaving, not using pillow etc for a sabarimala trip.]

One should develop the power to withstand thirst, hunger, tolerate extreme temperatures and bear the inconvenience of place or postures]

**Scriptural study** [One should study the Holy Scriptures with a view to understand the inner meaning. It can start with mechanical reading and reciting. Nevertheless, it should culminate in the attempt to grasp the Right Knowledge]

**Surrender to God** [One should recognize the existence of a higher power than the ego and perform some action – by words, thoughts and deeds – to acknowledge the grace of such higher power. Such action can be in the

form of service to the poor and needy. The object of this practice is to give back something to the society in gratitude. Whatever one is, is the result of absorbing the services of parents, teachers, friends, colleagues, government and the society in general]

**Statement 93:** Do regular physical exercise to keep fit.

### Step 3: **Physical exercises**

One should keep the body in a fit condition. It is essential to do regular exercises and maintain proper health. The intake of energy through food should be adequately compensated by the output through physical workouts.

**Statement 94:** Do regular breathing exercises as prescribed.

### Step 4: **Breathing exercises**

The physical layer and the psychological layer are connected with each other through the physiological layer. In other words, the body and mind are connected through breath. After ensuring that the body is in a proper healthy condition one should attempt breathing exercises to influence the mind to become healthy.

Breathing exercises are to be done under expert guidance. It involves inhaling, retaining and exhaling for a predetermined duration.

**Statement 95:** Turn inwards by withdrawing from the external world.

### Step 5: **Self-restraint**

One should ensure that the sense objects are not brought within the reach of sense organs during specific period. For example, not reading the newspaper will prepare the mind to concentrate and meditate.

### Self-Awareness

Example: A turtle pulls all the four legs and the head inside the shell in order to escape from the dangers in the environment.

Similarly, we are supposed to withdraw the five senses and the mind inside us in order to avoid the distraction of the external environment. However, this process is done in a systematic way in six stages.

Stage 1: Sense organs are turned towards the external sense objects and the experience is collected.



Stage 2: Observe our reactions to the experience

Stage 3: Redirect our awareness from the external experience to the internal responses.

Stage 4: Recognizing the five step conversion process which converts the external experience into internal responses

Step 1: Receipt of external experience

Step 2: Conversion in to thoughts

Step 3: Classification of the thought as 'likes' or 'dislikes' or 'indifferent'

Step 4: Based on the classification create another thought 'I like this' or 'I do not like this' etc

Step 5: Creation of the Action thought 'Go get more of this' or 'I want more of this' or 'Run away from this'

Stage 5: Gaining control over the conversion process, by NOT performing the Steps 4 and 5. Ego is the first thought that jump involuntarily and performs these two steps. By careful observation, it is possible to restraint the ego from not performing these steps. As result, the external experiences received from the five sense organs will not affect us in any way.

Ability to attain this stage of delinking the external world with the internal experience is the purpose of self-restraint.

**Statement 96:** Develop the ability to concentrate or mindfulness.

Step 6: **Concentration**

Single point concentration or mindfulness of what one is saying, doing or thinking is the next step.

In general, the mind is of wavering type. It jumps from one stream of thought to another without any rhyme or logic. Concentration is not to attempt to modify this completely. Instead, the mind is allowed to function freely within the constraints.

Example: A calf wants to run all over the village without any constraints. It cannot be made to stand still in one place. As a compromise between these two extremes, the owner ties it to a pole with a long rope. Now the calf can freely run around anywhere within the circle circumscribed by the rope.

Similarly, in this step the mind is given a specific topic. It is allowed to think freely within the chosen topic and it is prohibited to stray into other topics. The moment

it is observed that the mind is straying outside the permitted topic, it should be brought back.

After sufficient practice mind will learn to function within the chosen topic.

This step disciplines the mind to focus on an object of meditation.

**Statement 97:** Maintain the focus of the mind on the chosen theme

### Step 7: **Meditation**

Maintaining the focus of the mind on the chosen theme is called meditation. Entertaining the chosen thoughts with a conscious effort will make the mind fully disciplined.

Because of practice of these seven steps, one will attain equanimity of mind. The quality of the result will depend on how well each step is completed. It is not possible to complete all the seven steps perfectly unless one has complete dispassion and the right knowledge.

**Statement 98:** being steady on the knowledge that I am ONE.

### Step 8: Tranquility

This is not a step. If one follows the first seven steps properly, the result will be tranquility in the mind. Mind will be steady on the knowledge that the only reality is ONE and even the mind is part of the illusion. Mind will be totally devoid of any thoughts.

During the previous step, meditation, we train our mind to stay on a single thought. With effort it is possible to maintain the mind without any thoughts. After some time it is possible to stay in this state without any effort. This is tranquility.

Example: After pedaling hard for a while, if we stop pedaling, the cycle will run without any effort.

Similarly, this final step, tranquility is achieved.

This step is not one of the essential components of Joyful Living. It is quite possible to reach the destination without ever experiencing this tranquility.

In addition, mere experiencing of this tranquility does not mean that one has reached the goal of Joyful Living. The tranquility may last for hours but that is not our aim. We need to interact with the world and it is not possible to do so by keeping the mind blank.

One will gradually attain higher degree of equanimity as the other two strands (dispassion and right knowledge) culminate towards perfection. Following are the various degrees of equanimity one has to cross through before reaching perfection.

#### First-degree equanimity

The mind is swayed heavily in this lowest level. If somebody says something with a stern face, the mind gets upset. The mind does not even have the patience to understand the spoken words. Simple words will mean a lot to those people in this level. For example, the word 'lottery' will make their mind fly high with the imagination that they have won big prize money. Mind is very fickle at this level.

#### Second-degree equanimity

The information received through the sense organs are processed centrally and compared with the past knowledge in order to decide the true meaning of the information. For example if a friend says a harsh word, the mind takes some time to understand the true impact of the words before getting affected.

Mind is still influenced largely by the external factors. However, unlike in the first level it is more stable.

#### Third degree equanimity

At this level, the mind is influenced more by the inputs from the intelligence than by the inputs from the sense organs. For example if an enemy says a harsh word, the intelligence discounts the same as a biased view and the mind is not unduly perturbed.

At this level the external objects, events and persons are filtered by the intelligence before they could have any impact on the mind.

#### Fourth degree equanimity

This is the penultimate level of equanimity where the intelligence is in total control over mind. It can decide which factors can affect the mind and which factors cannot or should not. There is selective memory. Intelligence can train the mind to recollect pleasant thoughts and forget unpleasant thoughts.

Even at this stage, the mind does get affected frequently because the intelligence is functioning without the right knowledge. As a result, an event, which need not affect the mind, is allowed by the intelligence as an event of importance.

At this level, the mind does not brood over the past and feel guilty of past actions. This is so because the intelligence is superior enough to control the mind saying that crying over split milk does not help.

Nevertheless, the same is not true with respect to the future. The intelligence without the right knowledge assumes that the future is very important. As a result, the mind frequently worries about the future or have anxiety.

### Complete equanimity

It is not possible to reach this level of equanimity unless one has complete dispassion and right knowledge.

The mind does not oscillate between the past and future and stays in the present all the time. Every moment of the life is well lived by a person with complete equanimity. He also plans the future by thinking but he does it with consciousness that he is thinking about the future. Those without the right knowledge will start living in the imaginary future. They will be affected because of their attachment to the plans.

This level is also called complete mindfulness level. The mind is fully aware of all the words, all the deeds and all the thoughts all the time. Nothing happens unconsciously.

During deep sleep, the mind is not functioning at all. No worries and anxieties haunt the mind during deep sleep. Similarly, for a person who has reached this level, mind is blank. It has full freedom to deal with all sorts of inputs from the external world. It responds appropriately since it is not clouded by unwarranted emotions. Freedom from the known, results in Joyful Living.

Both dispassion and equanimity are highly complementary. Development of one quality will automatically facilitate the development of the other. However, the Right Knowledge is an unrelated component. It is possible to develop high degree of dispassion and equanimity without developing the Right Knowledge.

When one acquires complete dispassion and complete equanimity without gaining the Right Knowledge, following will be the result.

Joyful Living is not possible

Illusory nature of the world is known. The knowledge of the reality that sustains the illusion is not known.

As a result, one may be frustrated with life without enjoying sense pleasures

One may shun the world but still not be happy.

There will be peace of mind but there will also be a void ness.

There will not be any sense of fulfillment/ completeness/ happiness.

Thus, right knowledge is an essential ingredient to dispassion and equanimity to culminate into Joyful Living.

**Statement 99:** Achieving complete equanimity is the most difficult task and will take comparatively very long time.

**Statement 100:** The level of Joyful Living is determined by the level of equanimity achieved.

## Lesson 51: Gaining the Right Knowledge

Session: F101

The third and final strand to Joyful Living is to gain right the knowledge. This is the final strand because it is not possible to take the required steps towards Right Knowledge unless one has the second degree of dispassion and second degree of equanimity.

Knowledge comes from Inquiry, Introspection and Inner Transformation. Its nature is to know that the world (along with our body/mind complex) is an illusion. The effect of the knowledge is freedom from the eternal cycle of misery.

There is only one Right Knowledge.

Everyone in the world is holding on to different versions of the same Right Knowledge.

Example: Six blind men describe the one elephant in six different ways depending on their experience.

Similarly, everyone has a version of the truth depending on his vision. If a blind man spends enough effort to explore all the parts of the elephant he will have complete truth. If he holds on to just one part, he can have only part of the truth. His description of the elephant is a lower version of the truth.

In order to gain the Right Knowledge there is only one path consisting of three steps. It is preferable to have third or fourth degree of dispassion/ equanimity to progress faster on the path to the Right Knowledge.

### Step 1: Inquiry

One has to do consistent and systematic study of Holy Scriptures for a considerable length of time under the guidance of a competent teacher.

### Step 2: Introspection

One has to reflect on the knowledge gained and get all the doubts removed by taking the help of the teacher.

### Step 3: Inner Transformation

The final step is to live according to the newly gained knowledge.

The Right Knowledge is to know that the whole universe is an illusion and the real meaning of the word 'I' is the only reality. Without following the prescribed steps as above people hold different levels of the Right Knowledge.

**Statement 101:** Right knowledge is gained by Inquiring and Introspecting the knowledge provided by the Holy Scriptures.

One can explore the Right Knowledge from different perspectives by asking any of the following three questions.

Who am I?

Who is God?

What is this Universe?

Any of these questions will lead one to the Right Knowledge. It is not possible to get a complete answer for any of these questions unless the other two are also completely understood.

People in general do not ask these questions.

Everyone thinks that they know the answer to the question 'Who am I' without any doubt. They invariably hold on to the wrong answer.

They believe in god or do not believe in god as guided by the group they belong to.

They will expect the scientists to give the answers to all the questions on the universe eventually.

As a result, they hold on to a lower level of the right knowledge.

Only when they progress on the path of Inquiry, Introspection and Inner Transformation, the Right Knowledge is gained.

There are two different stages one will have to cross before gaining the Right Knowledge.

They are called Direct and Indirect Knowledge

Complete Right Knowledge:

It is possible to reach this level without gaining the Complete Dispassion and Complete Equanimity. Although one cannot start to acquire the Right Knowledge without adequate dispassion and equanimity, one can gain complete Right Knowledge without having completed the other two components.

At this level one will know the true meaning of the word 'I' as surely as an ignorant person knows it to mean the body/mind complex.

Everyone who has reached this level will have the very same identical truth. However, their behavior may not be identical. It depends on their personal preferences.

Once the Right Knowledge is gained, it is permanent. There is no chance that one will slip from the knowledge and start thinking that the world is real etc. However, in case of Dispassion and Equanimity, unless continuous practice is done till one achieves Complete Dispassion and Equanimity, one might slip back. Especially if one attempts these two without the Right Knowledge, the risk of falling back is very high.

Thus, it is recommended that one starts with gaining atleast second or third degree of Dispassion and Equanimity and then proceed on getting the Right Knowledge. After completing or while progressing on the Right Knowledge one should work on the other two to complete them.

If one gains the complete Right Knowledge without gaining the complete Dispassion and Equanimity, the result will be as follows:

Joyful Living is limited to the level of Equanimity achieved. (Since the mind will be keep oscillating between the truth and illusion and not steady on the Right Knowledge)

Although the knowledge that the world is an illusion is very clear, the objects, events and persons may affect the mind for a brief moment. Soon afterwards, the intelligence will remind the mind that the world is an illusion and there is no cause to worry. Then the mind will return to peacefulness. How soon this happens depends on the ability to maintain the Equanimity.

Due to years of practice, the mind will run after the worldly pleasures. It will take a while to realize that there is no original happiness in the worldly pleasures. How soon such realization comes depends on the degree of dispassion achieved.

Thus, one should work for dispassion, Equanimity and the knowledge simultaneously since the completeness of all the three determines the quality of Joyful Living.

**Statement 102:** Right knowledge is the easiest of the three blocks and it supports the development of other two.



**Unit 06**

**Benefits of the enquiry**

**Number of Sessions 5**

(104 to 108)

**Number of Lessons 2**

(53 to 54)

On completion of this Unit, the student will be able to

(a) Progress towards Joyful Living

**Notes to the teacher: (Ref 6.1 to 6.288 of the original text)**

This entire Unit is to be administered as practical sessions. The doubts of the students should be clarified and each student should be given different answers depending on his level of achievement. Intellectual understanding should lead to knowledge. Logical arguments should lead to mental conviction.

The level of conviction on the truth will vary person to person and therefore the guidance should be provided accordingly. The possible questions that may come up from students are answered in the respective lessons. These are only guidelines and the teacher has to modify the same according to the level of conviction of the student.

**Unit Test:**

**Session F108**

Assignment on the personal progress of each student: Each student should describe his current stage with respect to Joyful Living and the possibility and the required steps to be followed to reach the destination.

**Question:** How can one get freedom from miseries just by gaining knowledge?

**Answer:** Desire is the cause of misery. (Desire is 'I want this' thought).

In this statement 'I want this', the 'I' refers to the combination of EGO and Self due to the Delusion. (If a person knows Self and ONE are same, then the ego would have got annihilated instantly). This bondage of imaginary ego and real self is referred as 'I' in the statement 'I want this'.

This 'want' arises out of the inadequacy of the ego, which can never be fulfilled. Self is fully contented all the time and does not need anything from the illusory universe for its fulfillment.

Due to our Delusion we bind the ego with self, and start entertaining the thought 'I want this', which is the need of the ego. This desire causes misery to us,

**Question:** How does the desire cause the misery?

**Answer:** Firstly, it should be understood that it is impossible to live without having desires. Desire is the thought 'I want this'. Every living being wants to breath, wants to eat etc. In addition to these basic wants, human beings desire to act (talk, think and/ or do some physical action). This desire to act is also a basic necessity for the human beings.

Secondly, to fulfill this basic necessity of being involved in some activities, people need to have some purpose or goal in life. It is not possible to do any action without a specified purpose. Therefore, they may have desire to earn more money, name, fame or to pray god, study Holy Scriptures or serve the poor etc.

Desire will cause misery when this goal in life becomes more important than fulfilling the basic necessity of being in action.

Example: Even after meeting the basic need of food, shelter and clothing for the self and family, people continue to work and earn more money. If questioned why they may answer 'I want to build my own house'.

If this person is aware that he is having the goal of building a house for fulfilling his basic need of keeping himself occupied, he will not have any misery. However, people are ignorant. They assume that the house has the potential to give happiness. Besides, they think, they are working harder only for building a house and when this dream is fulfilled they will relax.

Thus, house becomes more important than work. This will cause anxiety, fear, worry, stress and all such negative emotions.

If it is recognized that the desire for the house is actually the modified version of desire to work then such desire will not lead to misery.

Since people have the constant feeling of inadequacy, they seek various objects for fulfillment.

The house is an inert object. It has no power to make anyone happy or unhappy.

The fact is the desire for the house is to satisfy the basic need of to be in action.

However, it is difficult to understand that there is no happiness in the house and by nature we want to be doing some work.

Desire brings misery only to those who are ignorant about these two facts.

Enlightened people understand these two facts and therefore, desire do not cause any misery to them.

Example: People pray to stones knowing fully well that they are just stones and not Gods. They superimpose their personal god on the stone and worship it.

Similarly, after gaining the knowledge one is aware that the happiness is his real nature and it is reflected in the objects of the world. Although the house is intended for personal use, it is not a selfish desire since it is not for making the self happy. Such unselfish desires will not bring any misery.

**Question:** I understood the oneness of myself and ONE. But still I suffer?

**Answer:** This is not possible. One cannot ask a question, 'I know this is poison. But tell me how should I avoid consuming it?' If one really understands the meaning of poison, there is no way he is going to ask such question.

Similarly, if one understands the oneness of Self and ONE, there is no way he can be caught in the misery of the world. The issue is apparent in the question itself. The word 'myself' refers to the Self and the word 'I' refers ego. It shows that there is confusion in the mind of the questioner.

**Question:** Even after gaining the knowledge, nothing seems to have changed?

**Answer:** Nothing is expected to change except the acquisition of the knowledge. There will be no mystical experience or capability to perform miracle associated with the acquisition of knowledge. The status that we are ever free from misery is not known earlier and now it is known.

Mind is composed of the Aura, Energy and Matter and the proportion in which they are composed will vary person to person and time to time. People at the lowest rungs of the spiritual ladder identify themselves with the mind and as a result, they suffer or enjoy depending on the status of the mind. People at the next level are aware that they are different from their mind. However, these people wrongly expect that once they gain the knowledge their mind will become steady and will always remain calm and cool. When they get anger or irritation, they will attribute it to their inadequacy of the wisdom. The wise people on the other hand, do not bother about the status of the mind. They are aware that by nature the mind is prone to mood swings and they are aware it is a part of the illusion.

The goal is to know that the mind is a part of the illusion by gaining the knowledge that our real self is not affected by the status of the mind.

**Question:** Can an enlightened person have desires?

**Answer:** Since it is said that the desire is the cause of all miseries in the world, the enlightened person is wrongly presumed not to have any desires. Every human being will have desires and enlightened people are not exempted from this rule. However, there is a marked difference between the desire of an ignorant person and an enlightened person.

While the desires of an ignorant person arise from the need for fulfillment, the desires of an enlightened person arise out of fulfillment. Ignorant person desires various objects in life because he wants to be happy. Enlightened person desires various objects in life because he is already happy.

For an ignorant person, the cause of desire is the need for fulfillment. It is a selfish desire originated from the ego. If the desire is not fulfilled, he will get disappointed. Even if it is fulfilled, he will not be completely satisfied. New desires will replace the old ones and he will continue to seek fulfillment.

For an enlightened person, the desire is selfless and it does not matter to him whether his desires are fulfilled or not. His sense of completeness will not get disturbed. The desire arises in him due to two fold reasons.

**Primary Reason:** He is born into this world with a set of accumulated results of his past actions. These are to be exhausted through experience and such experience can come only through his actions. Actions are always lead by desires.

**Secondary Reason:** He is born into this world with a set of accumulated preferences which determines his likes and dislikes. He knows that the world is an illusion. However, he also knows that his body/mind complex is

part of that illusion. Therefore, he enjoys the functioning of the illusion through his own body/mind in the form of various likes and dislikes.

He generally works for social cause, helping others to progress in life towards enlightenment. He may also continue his material pursuit since nothing really matters to him. (Social service is not any better than doing business!)

The ego is not bound to the self in case of the enlightened person. Therefore, the actions originated from towards the fulfillment of the desires do not bind the self.

However, in case of the ignorant the binding between the ego and self causes all the misery. He is always in search of the ever-elusive goal of joyful living without knowing that his essential nature is to be joyful.

The essential nature of the ego is desire since it seeks fulfillment. The essential nature of the self is to be complete by itself without any need to do any action.

Binding these two opposite entities together causes negative effect on both. Self is powering ego to pull itself down!

In general, people are bound to their desires in two ways. One, they are affected by the fulfillment or otherwise of the desires. Two, the result of their action will bind them to more action.

Enlightened people will also have desires but they are not attached to the desires. Their desires do not bind them in either way.

**Statement 103:** Enlightened persons will have non-binding desires.

**Question:** Even those who gained the knowledge seem to suffer. Few enlightened people are affected by disease, poverty and other misfortunes of life. How can this be explained?

**Answer:**

It is essential to understand the type of benefit one will get on gaining the ultimate knowledge. It is not that the events in life will be any different. Nor it is expected that the people will behave any differently to the enlightened.

With respect to physical suffering

The body will age and oscillate between health and ill health. There will be absolutely no difference between those who have gained the knowledge and those who are ignorant in this respect.

Example: If there is an accident, the body will get hurt and bleed.

The pain and discomfort suffered will be same for all. However, the ignorant will be unhappy because he thinks that this unfortunate event has happened to him. However, the enlightened knows that this has happened only to his body and not to him.

The ignorant will try to find the cause of the accident and try to fix the responsibility for the accident on others. The enlightened is aware that he suffered the accident solely due to his past actions. He will not blame anyone. (However, he may also claim the insurance money, if any!)

The attitude of an enlightened person will be very positive. Even an ignorant person may react equally positively. Therefore, to an outsider it is almost impossible to distinguish the ignorant from the enlightened based on the reactions.

**Statement 104:** The pain belongs ONLY to the body. The body of the enlightened may undergo pain and suffering but the enlightened observes it as a third person, since he is not the body.

With respect to mental suffering

There will be significant difference between the ignorant and wise with respect to mental suffering. The ignorant will have anxiety, fear, hatred, anger, jealousy, greed, shame, lust, vengeance, animosity, worry and such negative emotions. The enlightened will have none of these emotions.

Example: Someone is insulted.

The ignorant will be hurt. The enlightened will not feel any hurt.

The ignorant will hate the person who insulted him. The enlightened will not. He is aware that everyone is the reflection of the same ONE.

Whether ignorant or enlightened, one may or may not show the disapproval of the act.

The ignorant may not show the disapproval fearing further insult. The enlightened may not show the disapproval since he is not bothered.

The ignorant may react instantly prompted by his emotions and do varied actions to express his disapproval. The enlightened may also do the same thing so that such things do not recur but it will not be involuntary.

The enlightened does not feel any negative emotion. Many of the ignorant might be capable of suppressing such negative emotions – suffer silently – and not express the same.

The enlightened will opt to feel all the emotions when he lives as a part of the society. It is just as acting in the appropriate role. The actor may or may not feel the emotion that is being expressed. In either case he is aware that he is acting.

**Statement 105:** Emotions belong to ONLY to the mind. An enlightened does not have one mind. He is the basis of the whole universe, which includes his mind.

Therefore, it may not be possible to identify the enlightened based on the presence/ absence of reaction.

#### With respect to attitude in life

The ignorant will feel inadequate all the time. Most people in the world will be working to achieve something. Name, fame, power, position, property, awards, and rewards, the list is endless.

The enlightened will have a sense of complete fulfillment because he is immortal, joyful and pure awareness. He will not feel the need to do anything. He will have the feeling of having done everything that needs to be done.

While the ignorant will act for happiness, the enlightened will act out of happiness.

It will be still difficult to identify the enlightened based on this behavior because there may be many ignorant and lazy people who might be fully satisfied with life.

They may also not get involved in any action for happiness and therefore resemble the enlightened.

While some enlightened will lead an active life, others may shun the lime light. This behavior is due to the accumulated preferences of each individual and has no bearing on their wisdom.

Thus, it is not possible to differentiate the ignorant from the enlightened based on the outward expression. It is totally an internal transformation not detectable through external observation. However, one enlightened person will be able to identify other easily not based on the actions but based on the assessment of the knowledge.

**Question:** It is said that the desires are born out of incompleteness. After studying the scripture one gains the knowledge that he is complete. However, it appears that the desires in the mind continue to be present.

**Answer:** Desires belong to the realm of mind. Mind is not self. Therefore, I do not have any desires after gaining knowledge but by mind continues to have desires!

Example: Can we remove the red color from the crystal that is placed next to a red flower? It is not possible because the crystal is always colorless. The red color that is seen on the crystal is the reflection of the red flower. It is not possible to remove the red color from the flower also because it is its nature.

Similarly, we cannot remove the desires from the mind since it is its nature. We cannot remove the desires from our self because it is not there in the self.

We can separate the crystal and flower thereby the color is removed in the Crystal!

However, in case of the mind this is not possible until death. All we have to do is to understand the nature of mind is to have desires. Such desires are non binding and they arise from the sense of fulfillment. Whereas the desires in the mind of an ignorant person arise out of incompleteness and he seeks fulfillment by satisfying the desire.

The preferences in the mind will continue to dominate in both the wise and ignorant. While the ignorant thinks that he needs to get what he likes, the wise prefers to get what he likes.

Studying the Holy Scriptures is to gain the knowledge that I am not the mind and not for removing the desires from the mind.

It is impossible to remove the desires from the mind since no action can be done without desires. Even for survival, one should have desire for eating food.



Therefore, desires will continue without any ill effect after gaining the ultimate knowledge.

**Question:** Even after understanding the oneness, why we are affected by the duality?

The intellectual understanding of the oneness of the universe does not prevent the external objects, events and persons to cause disturbance to us. Then what is the use of this understanding?

**Answer:**

If this is the status, it means that the oneness of the universe remain as a piece of information and not internalized as knowledge.

Example: I understand that the world is in the shape of a ball. I will not fall down because I am on top of the ball! – This is incorrect understanding.

Similarly, if one asks the above question, it means he has not understood the oneness.

The only solution to this problem is to study the Holy Scriptures again and understand the nature of the composition of the universe.

Example: If something is not clear to the eye, we can wipe our eyes to see clearly. If it is still not clear, we can throw more light on it and then see. If still not clearly visible, we can use a magnifying glass.

However, whatever we do we need to use our eye to see the object. Just because we are not able to see clearly, we cannot use our ears to see.

Similarly, as long as we are not able to understand clearly, we will be affected by the duality. There are three levels in this understanding

Level 1: Those who know that this world is real will continue to get affected by the objects, events and persons in the world. They have no exit route as long as they are not willing to let go their assumption that the world is real.

Level 2: Those who know (after serious enquiry) that the world is not real but not very clear how this world is created will see a way out of the miseries of the world. However, they cannot yet get there. They will continue to get affected by the miseries of the world although the degree to which they are affected may be considerably less than those who are in level 1.

Science has taught us that systematic study will bring us closer to complete understanding of any chosen subject. Since we are exposed to such clarity, we

expect to understand very clearly the construction and composition of the universe after studying the Holy Scriptures. This is where the problem lies.

It is not possible to explain the universe in any precise and scientific manner because it is an illusion. If we could explain it the way explain the construction of a building, then the universe will become a reality. Since it is an illusion, no one will ever be able to define it and explain everything in a scientific manner.

Level 3: Those who know the world is an illusion will not be affected by the external object, event and persons because they are aware that everything is part of the illusion. They have an absolutely clear understanding that the universe cannot be understood. They see the falseness in everything and reduce them to the only reality, Self/ ONE.

Until one reaches the Level 3, one has to continue the process of inquiry and introspection of the Holy Scriptures.

### **Even after crossing the level three, we are affected by the world?**

Using the intelligence, we infer that the world is an illusion but the sense organs keep reporting the reality of the world. Therefore, it becomes stronger evidence and make our inferred knowledge less effective. As a result, we start quarrelling on a traffic dispute, forgetting that it is all an illusion. How do we resolve this issue?

The inferred knowledge that the sun is not moving across the sky should become stronger than the perceptual knowledge that the sun is moving around earth. People who do not have sufficient intellectual capability cannot comprehend the truth.

Those who have enough intelligence will have clear knowledge that the world is an illusion. However, they may slip and start fighting after a traffic dispute due to the past Imprints created through habit. Even after clear knowledge that world is an illusion, we will continue to have the same body and mind. Our face will not become more beautiful/ handsome after gaining the knowledge. Similarly, the mind will continue to be the same as it was prior to gaining the knowledge.

However, after gaining the knowledge, we will start behaving in a more matured way. These matured actions have to make stronger Imprints in the mind to correct the past Imprints. Imprints in the mind are due to our habits. We need to change our habits consciously after gaining the knowledge and that is the only way to change our mind for better.

The influence of the past Imprints will start decreasing after gaining the knowledge since we will not give undue realities to the day-to-day issues like traffic dispute. Even if we pick up a quarrel due to force of habit, we will start

coming out of such habit due to our knowledge. Through conscious effort, we can make this process faster and start enjoying the life without any negative emotions.

**Question:** The problems affect us even after knowing that the world is an illusion

**Answer:**

For a considerably long period, we have lived in this world with the false knowledge that it is real. It will be difficult to get aligned with the opposite knowledge instantly. The mind is trained to react to the problems thinking that they affect our real self. It will take a while to retrain it to the true knowledge that the problems come to our body/ mind complex and will not affect our real self.

Any expertise comes only after being trained for a considerable length of time. It becomes even more difficult if someone needs to switch over from one type of system to the other.

Example: After driving on the left side of the road for a number of years if we are to drive in a foreign country on the right side of the road, we will find it extremely difficult to switch over. Although we are very clear that the system is different, it will take a while to unlearn our old habit. Even if we start driving on the right side, when we get off the main road, we might get confused and start driving on the wrong side of the road. This is because years of training under a different system. On the other hand, some one who learns driving for the first time will perform better.

Similarly, if we did not have any knowledge about us, the correct knowledge will be easy to practice. Since we were under the wrong impression that we are our body/ mind complex for a length of time, we have to unlearn it and then are retrained to function with the new knowledge.

This will obviously take some time.

In addition, the practice should be without interruptions and with deep interest in the practice and the ultimate goal. Unless we do consistent and continuous practice for a length of time with deep conviction, we will not become an expert.

Example: The mother enrolls her daughter in a music class. The daughter may not be keen on learning. It does not matter how regularly she attends the class or how long she attends the class. Unless she puts her heart and soul in the lessons, she will not make any progress.

We need to get the right knowledge, verify the validity of the knowledge beyond any doubt (half way through the practice if we doubt the credibility of the knowledge, the practice will be less effective) and then practice the knowledge without interruption for a considerable length of time.

It is also necessary to push this knowledge from the conscious level to the subconscious level through meditation. Once the subconscious gets the message then we can reach our destination of joyful living soon.

**Statement 106:** The process of gaining steady knowledge is Joyful.

**Question:** How one can live joyfully when there is a loss?

**Answer:** Such questions arise since it is assumed that happiness is a state of mind. Happiness is our true nature and not a state of mind. Mind is an inert object, which appears live because it reflects my true self.

My true nature is happiness. My mind reflects my natural happiness only when it perceives/ possesses / enjoys some worldly object/ person/ event. In case of loss, the mind is clouded with negative thoughts and as a result, it does not reflect my natural happiness.

Joyful Living means realizing that our true nature is happiness and not get disturbed by the status of the mind.

Example: If the dirty mirror shows a mark on my face, I ignore it.

Similarly, if my mind is not reflecting my natural happiness due to unfavorable object/ person/ event, I am not affected.

The status of the mind can be analyzed as follows:

We are not affected by the loss of others. We seem to be affected only when the loss happens to us.

Example: My valet with lots of cash is lost.

Every day we hear stories of loss of cash. People lose millions in stock market. We do not seem to be affected by such events unless it happens to us.

When such loss happens to us, we are not affected until we get the news.

Therefore, it should be understood that no object/ event/ person in the universe has any power to hurt me directly. This has to be converted into thoughts by me. If they are converted as thoughts under my conscious awareness, it will not give me any problem. Only when I do not know how to handle my thoughts they will hurt me. If anyone can hurt me, it is only me no one else.

## **Critical Analysis:**

When others lose money, I am not affected because I do not have any attachment with the event. Whether the money is lost by someone else or not is no consequence to me. Therefore, I remain unaffected.

When person very close to me loses something, I feel pity. If possible, I help that person to recover from the loss. In this case I am little concerned because I have some attachment with that person. How deeply I am affected depends proportionately on how much I am attached.

When I lose something I am affected more because I am attached to the object. It is quite possible that I do not get affected if I am aware that object has no role to play in determining my happiness.

Example: In a car accident, the car was badly damaged but the driver escaped unhurt. On the next day, he distributed sweets because he was not affected and only his car was damaged.

Similarly, if I am not attached to my possessions, the loss of any/ all of them will not affect my joyful living.

If my hand is paralyzed, I am deeply hurt because I have lots of attachment on my body. However, a soldier is willing to lose his whole body because his attachment to his country is more than his attachment to his body. Even in case of discomfort / physical pain, doctors observe that the patients react very differently. Some will accept the events and endure the pain, while others create lot of fuss. The degree one gets affected depends on the degree of attachment.

Physical hurt/pain cannot be avoided. Since the enlightened people are aware of the reason for such suffering, they will undergo the same without a murmur. Life will continue to be joyful to them because they will get used to the suffering as a part of their life. (If you have stomach pain every day before sleeping, it will stop bothering you after a while!)

Whenever we talk about 'getting affected', we mean the status of the mind. It is the mind, which is affected due to apparent external causes. It is the nature of the mind to fluctuate. However our knowledge about the illusory nature of anyone, any object or any event will give our mind a realistic picture. The mind can be affected only through our own thoughts and not by any external object.

In other words the only my thoughts are responsible for affecting my mind. It is quite possible to learn about the nature of external objects and internal thoughts so that we can handle them appropriately.

Even if we are successful in this attempt there will be mood swings that affect our mind. Suddenly for no reason we might feel depressed and dull. Such mood swings cannot be avoided even if we gain expertise in handling our thoughts.

It is possible to live joyfully even if the mind is affected, if we are not attached to our mind. It should be understood that our mind is just a tool (like any of our body parts) which is meant for our use. It cannot have any impact on my natural happiness.

Only when I am ignorant of my true nature, I assume that my ego is myself and get affected. My true self is independent of my ego. I need my body and mind for transacting in this world. The nature of my mind is to engage in thoughts. There is no point in having a mind without having thoughts in it. The contents of the mind will depend on the environment and it does not have any influence on my true nature.

**Statement 107:** In life, there are no more problems and crisis. All of them are just situations that are to be dealt with appropriately.

Therefore, I can live joyfully all the time even if there is a loss.

**Question:** What is the difference between the enlightened and the ignorant?

**Answer:** There is only one difference: Knowledge.

There is absolutely no other difference between them. Both of them behave normally in this world. Both will have desires and both will work towards fulfillment of the desires.

While the desires will invariably bring misery to the ignorant, the enlightened will have a joyful living whether the desires are fulfilled or not.

The ignorant person will be working for his happiness.  
Those who want to understand the truth will be working for Joyful Living.  
The enlightened will be working out of happiness.

However, for the casual observers such differences are not noticeable and therefore it is difficult to convince the ignorant person that there is a way out of misery. Only those who want to get out of the eternal cycle of swaying between happiness and misery will be able to see the difference.

**Question:** How an enlightened person will be able to function in the society?

**Answer:** Such question arises out of misinformation regarding enlightenment.

Enlightenment does not bestow any special powers like walking on the water or converting a jar of water into wine.

Enlightenment will not have any impact on the nature of the person. He will continue to be like any other normal person and therefore he will function in the society like anyone else. Infact they will be more efficient and productive in life since he is not attached to any object/ person in the world.

The enlightened person knows how to handle the reason for sorrow without getting unhappy. For an ignorant person the reason for sorrow will invariably give sorrow and therefore he will be under the wrong assumption that the external object/ event/ person is the source of sorrow.

A baby or a mad person is not bound by their actions. Similarly, the enlightened is also not bound by his actions since such actions are done without any selfish desire. For an ignorant person, the actions are binding since the ego is unintelligently bound to the self.

An ignorant person who is lazy and who does not bother about progress in life will not get involved in active work. He will be very lethargic to the events in life and may not respond like the normal person. The behavior of the enlightened will resemble this. However, such behavior comes out of total knowledge and not out of total Delusion.

Example: A pot with half-filled water will be shaky

A pot with full water will be steady

An empty pot will also be steady

Thus, the filled pot may resemble an empty pot.

Similarly, the behavior of an enlightened person may resemble that of a lazy person but he is far superior. If there is a heavy wind, the empty pot will fall down but not a filled up pot. Similarly, when the events of life have power to shake the lazy person but the enlightened will never get affected.

Some people who are on the path to enlightenment may maintain a distance from the worldly objects/ persons for the fear of getting attachment. Such practice may be required for them to get enlightenment. Until they become completely steady on the knowledge, their behavior may not be in line with the behavior of the society.

**Statement 108:** On attaining enlightenment, people will appear to be normal for external perception, but internally they will have non-diminishing happiness, everlasting security and undisturbed peace.

# Module: G

## Essence of Joyful Living

### **Contents:**

- Meaning of the key statement
- Unit 01 'If a person knows himself
- Unit 02 to be this ONE
- Unit 03 desiring what
- Unit 04 and for whose benefit
- Unit 05 will he struggle'



## Introduction

The perfect satisfaction that one can reach in this very life is described in this module.

The goal of all the human beings is to be happy all the time. Such Joyful Living is possible only when the following key statement is understood fully.

**Key Statement:**

**If a person knows himself to be this ONE, desiring what and for whose benefit will he struggle?**

This module analyzes this key statement in detail, which will lead the reader to Joyful Living. It will also describe the perfect satisfaction of living joyfully.

The summary meaning of the statement is given below:

ONE is the only reality, which is nameless, formless and attributeless. The nature of ONE is Ever Witnessing Joy.

A person should realize that he is not the body/mind complex but in the essence, he is this ONE.

It is a very difficult process to gain this knowledge. One has to put in lots of efforts to learn this. Consequently, it is very rare that one realizes that he is this ONE.

Once this realization comes, there will be no object of desire in this world.

Since EGO is negated, there is no desirer of any object.

The realized person will not struggle to gain any object since he knows that he does not need anything to be happy and the objects in the world do not have the capability to give happiness.

As a result, he will never make his body/mind complex suffer for doing any action.

Since he knows that his body-mind complex is also part of the illusion, he is not affected by any sufferings caused by any disease or old age.

Thus, he will live joyfully for the rest of his life and get liberation from eternal cycle on death.

The detailed meaning of the statement is discussed in the following 50 lessons.

UNITS	LESSONS	STATEMENTS	Session	Page No
01	If a person knows himself	(7.001 – 7.018)		
	01	Meaning of the word 'IF'	G01	415
		<b>01</b> The word 'If' suggests the rarity and near impossibility Of understanding the Key Statement		415
	02	Meaning of the words 'a person'	G02/03	416
		<b>02</b> Thus, 'a person' means the real self, which is the basis On which the our body/mind complex rests.		417
	03	Meaning of the words 'knows himself'	G04/05	419
		<b>03</b> Thus, 'knows himself' means to know his real self		420
UNIT TEST			G06	414
02	to be this ONE	(7.019 – 7.136)		421
	04	Meaning of the words 'to be this ONE'	G07	422
		<b>04</b> The term 'this' refers to Direct Knowledge. Moreover, if we have indirect knowledge of an object we refer to it as 'that'.		422
	05	The story of the tenth man – Part I	G08/10	423
		<b>05</b> Partial knowledge and partial ignorance is the problem		426
		<b>06</b> Specifying the ignorance is the next stage.		426
		<b>07</b> Suffering results from ignorance		426
		<b>08</b> The first step towards the absolute knowledge is Indirect Knowledge.		427
		<b>09</b> Conversion of information to knowledge is Direct Knowledge		427
		<b>10</b> The effect of Direct Knowledge is removal of suffering		427
		<b>11</b> The final stage is perfect satisfaction (Joyful Living)		427
	06	The story of the tenth man – Part II	G11/13	428
	07	Source of gaining indirect/ direct knowledge	G14	438
		<b>12</b> The only source of gaining the direct knowledge of self Is the scriptures.		438
	08	The method of enquiry	G15/17	439
		<b>13</b> 'I am this ONE' means the saying from scripture 'You Are That'		441
	09	Process of gaining the knowledge	G18/21	442

UNITS	LESSONS	STATEMENTS	Session	Page No
02 (Cont)				
	10	Obstacles to Steady Knowledge	G22/25	444
		<b>14</b> The first obstacle is confusion on the central message Of scriptures.		444
		<b>15</b> The second obstacle is the doubt on the practicability of the knowledge gained.		445
		<b>16</b> There are two deficiencies in our mind, which pose the third and final obstacle.		446
		<b>17</b> The deep Imprints formed in the countless previous births prevent the mind from being firm on the new knowledge.		446
		<b>18</b> The sense organs keep reporting the existence of the universe and the mind cannot be firm on the new knowledge.		446
	11	Resolving the deficiencies of the mind	G26/31	448
UNIT TEST			G32	421
03	desiring what	(There is nothing to desire in the world) (7.137 – 7.191)		453
	12	Meaning of the words 'desiring what'	G33	454
	13	Definition and classification of 'Object'	G34	455
		<b>19</b> Object includes everything in the universe.		455
		<b>20</b> Objects are classified as what we like, dislike and neutral.		455
	14	Deficiencies of the objects	G35/36	456
		<b>21</b> Happiness that comes from objects is mixed with pain.		456
		<b>22</b> Objects that gives us happiness will make us slaves.		456
		<b>23</b> Objects do not give lasting satisfaction		456
		<b>24</b> The objects keep changing all the time.		457
		<b>25</b> Objects do not give complete satisfaction		457
	15	Definition and Origin of 'Desire'	G37/38	458
		<b>26</b> Desire is a thought of an object with an add on "I want"		458
		<b>27</b> Our mind is the origin of desire		459
		<b>28</b> The cause of the desire is our preferences.		459
	16	Effects of desire	G39	460
		<b>29</b> Desire prevents us to life joyfully		460
	17	Controllable and Uncontrollable 'Desire'	G40	461
	18	Types of Uncontrollable 'Desire'	G41	462
	19	Uncontrollable Desires (With the support of the mind)	G42	463
	20	Uncontrollable Desires (Without the support of the mind)	G43	465

UNITS	LESSONS	STATEMENTS	Session	Page No
03 (Cont)				
	21	Neutral Uncontrollable Desires (Originated for the sake of others)	G44	467
	22	Bonding & Non-bonding desire	G45	468
	23	Knowledge and Desire for objects	G46/47	469
		<b>30</b> For a wise person the object does not exist as absolute reality.		469
		<b>31</b> A desire for an object will never leave us even if we continue to see, possess and enjoy the object in unlimited quantity for any length of time.		469
		<b>32</b> The desire for objects will leave us only when we understand the deficiencies of the objects and not by enjoying.		469
		<b>33</b> After understanding the deficiencies of the objects, one can enjoy them without developing any desire or attachment.		471
		<b>34</b> Desire results in from a combination of not knowing the true nature of all objects in the world and their deficiencies.		471
	24	Difference between ignorant and wise in dealing with desire	G48	472
		<b>35</b> The ignorant get happiness by possession of their object of desire and the wise will get happiness by not desiring the object.		472
		<b>36</b> The ignorant will never be satisfied with whatever they have and the wise will be happy with whatever little they have.		472
		<b>37</b> The wise people are free. The ignorant are slaves to the worldly objects.		473
		<b>38</b> Unlike the wise, the ignorant give powers to the objects to control their life.		473
		<b>39</b> Even if the wise indulge in an object, he will not develop desire for it since he is aware of its real nature.		473
	25	Wise live joyfully with desires	G49	474
		<b>40</b> The desires of the wise are the will of the God.		474
	26	Wise are immune to the effect of uncontrollable desires	G50	475
	27	Suggested practice to ensure joyful living	G51	477
	28	Joyful Living through wisdom	G52	478
UNIT TEST			G53	453

UNITS	LESSONS	STATEMENTS	Session	Page No
04	for whose benefit	(There is no one to enjoy) (7.192 – 7.222)		479
	29	Meaning of the phrase 'for whose benefit'	G54	480
		<b>41</b> The words "for whose benefit" mean no enjoyer.		480
	30	Meaning of the word 'enjoyer'	G55	481
		<b>42</b> The combination of EGO and ONE is the enjoyer.		481
	31	Importance of the Enjoyer	G56	482
		<b>43</b> Enjoyer is the most important person in the world.		483
	32	Need for an enquiry about the Enjoyer	G57	484
	33	Method of conducting the enquiry	G58	485
	34	The enquiry on the enjoyer	G59	486
UNIT TEST			G60	479
05	will he struggle	(7.223 – 7.298)		487
	35	Meaning of the words 'he will struggle'	G61	489
		<b>44</b> The words "he will struggle" mean he will not struggle		489
	36	Struggle implies suffering of the bodies	G62	490
		<b>45</b> Suffering pertains to the three bodies and not to self.		490
	37	Nature of the suffering	G63	491
	38	Reasons for the suffering	G64	492
		<b>46</b> Our past actions are the reasons of our sufferings		492
	39	Removal of the suffering	G65	493
	40	Apparent suffering of EGO	G66	494
	41	Removal of apparent suffering	G67	495
	42	Joyful Living is not a penance	G68	497
	43	Reason for the continuation of suffering after the knowledge.	G69	498
	44	Joyful Living	G70	500
	45	Perfect Satisfaction	G71	501
		<b>47</b> This feeling of inadequacy is not there in an enlightened person and therefore, he has perfect satisfaction.		501
	46	The enlightened has no duties	G72	502
	47	The enlightened does not have anything to gain	G73	503
	48	The enlightened does not attempt to change others	G74	504
	49	Nature of the action by the enlightened	G75	505
	50	Enlightened and Ignorant can work together	G76	506
UNIT TEST			G77	488

**Unit 01        “If a person knows himself”**

**Number of Sessions: 6  
(01 – 06)**

**Number of Lessons: 3  
(01 – 03)**

On completion of this unit, the student will be able to

- (m) Understand why reaching the Joyful Living destination is difficult.
- (n) Distinguish between the apparent man and real man.

**Notes to the teacher: (Ref 7.001 and 7.018 of the original text)**

The student has to be briefed about Original/Reflected Consciousness (OC/ RC). This is not detailed in this module. The objective of this unit is to make the students aware that there are three different meanings of the word I and help them to use it with appropriate meaning. “I go” refers to the combination of OC and RC. “I am ONE” refers to the OC. “I suffer” refers to the unreal RC. It should be ensured that the students realize that there is ONLY OC. The other two (RC and the combination of OC and RC) are illusions. As a result the whole exercise of seeking and gaining knowledge is also illusion. Like a dream tiger helps us to wake up, scriptures (which are part of the illusion) help us to get awakened.

The whole purpose of studying this text ‘Joyful Living’ is to remove the problems of the eternal cycle. The fact is the suffering is illusion. The knowledge that the suffering is an illusion is also an illusion. The water bottle next to our bed cannot remove the thirst in the dream. Similarly only an illusory knowledge alone can remove illusory suffering. The rope-snake cannot be removed in real sense...one cannot show the snake moving away from the rope. If one wrongly assumes that he has swallowed a poisonous pill, the doctor has to show a false pill (taken out of his pocket) to ‘prove’ that he has taken it out of the stomach and cured him.

Just like a traffic police man gets the power to stop vehicles only after wearing the uniform, ONE can claim ‘I am ONE’ only after putting on the illusory RC.

**Unit Test:**

**Session G06**

- 40. Discuss the meaning of the word ‘If’, in the key statement. (Lesson 01)
- 41. Explain why action cannot solve all the problems in life. (Lesson 02)
- 42. Describe the three meanings of the word ‘I’ (Lesson 03)
- 43. Who can say ‘I am ONE’? (Lesson 03)

The word 'If' in the key statement 'If a person knows himself to be this ONE, desiring what and for whose benefit will he struggle?' signifies the difficulty in the process. All of us are trained to question everything all the time before accepting them as truth. This very quality will prevent us from understanding this statement and be a barrier to Joyful Living.

The statement that 'it is possible to live joyfully ONLY if this statement is understood' will not be acceptable to many of us. Therefore, we may not attempt to understand the statement. We will assume that it is impossible that the key to Joyful Living can lie in understanding one single statement. Even if we are to believe this, it is quite disturbing to note that there is no other way.

We are all given an impression that the progress in the science and technology alone can bring about prosperity to the world resulting in joyful living for all. However, experience shows us that the human race is nowhere near creating a perfect world even after 2000 years of dependency on material prosperity. This fact alone should force us to look for the ONLY alternative path.

Example: Supposing we are trying to solve a 200-piece puzzle. After trying all possible combinations, we seem to be stuck after making considerable progress. At that time, someone suggests that we should start all over because some pieces are in the wrong place. How will we respond?

We may not be willing to do that since it will make all our past effort as waste. Moreover, how are we to trust that the suggestion given will lead to completion of the puzzle? Therefore, most often we do not yield to such suggestion.

Only when we realize, the impossibility of reaching the goal, following our current path, we will be willing to listen to the suggestion. This happens rarely, since we will be distracted by impermanent and partial success.

Suppose it is suggested that certain pieces are to be kept in certain places, if we ask for the proof we cannot progress. The only proof is to follow the suggestion given and see if the goal is reached.

Similarly, if one needs to life joyfully one needs to understand this key statement. Since all other attempts will fail, this is the only option. Material progress has never made anyone reach the goal of Joyful Living. On the other hand, we see visible proof in those who followed the spiritual path and succeeded. However, it is very rare to recognize the presence of such persons.

**Statement 1:** The word 'If' suggests the rarity and near impossibility of understanding the Key Statement.

## Lesson 2: Meaning of the words 'a person'

Session: G02 – 03

The meaning of the words 'a person' in the key statement 'If **a person** knows himself to be this ONE, desiring what and for whose benefit will he struggle?' can be understood in two different perspectives. In generic terms, it means the 'Human Being' and in specific terms it means, YOU the student.

The perceived self (EGO) is different from the real self.

The real self is the ONE, which is the only reality.

Both the perceived self (at the individual level) and God (gross total of all the perceived selves) are illusions created by the power of ONE. This illusion projects the only reality as multiple living beings.

Living Beings and God have created this universe jointly.

God created the universe according to the specification provided by the living beings.

Human beings have created the eternal cycle of life with pairs of opposites like prosperity and poverty, love and hate, fame etc based on the past actions. His role starts by giving name and attribute to the God's created world and ends in creation of miseries in the world.

Example: God has created a woman

Human being has created mother, sister, wife etc.

Human being also created lovable / wicked woman.

(The detailed explanation on this can be found in Module D)

A person appears to be changing all the time, but in reality, he is changeless.

This changelessness is the result of being non-related. The true person is not related to anything in the universe. He neither depends on the world nor is he attached to anything. In fact the entire universe depends on him for existence.

The true person is the consciousness. However, it appears to be mixed up with the body/mind complex, which is of inert in nature. The mind of a person cannot comprehend nor can have any relationship with the consciousness. However, to most people the word 'person' means a mixture of this conscious principle and the body/mind complex.

Our body/ mind complex belongs to a lower order of reality, which is resting on our real nature. We are deluded to ignore the reality and assume that we are the body/mind complex.



Due to Delusion, we have assumed our true self is caught in the misery of the world oscillating between the pairs of opposites. However, in reality our true self is very free. Only our mind is swayed by the events/ persons/ objects of the universe. Without knowing this fact we assume that we are suffering.

Similarly, we assume that our body/mind complex is supporting the life. The truth is our consciousness is the basis on which the universe (including our body/mind complex) is sustained.

The mind can have no relationship with the consciousness. It just reflects the consciousness.

Example: If we look at our face in the mirror, we see the reflection. Although the mirror shows our face, it does not have any relationship with our face.

Similarly, mind appears to be sentient since it reflects consciousness. Nevertheless, it is an inert object just like a mirror.

The sufferings in the world belong to the mind and do not affect the consciousness in anyway. However, due to Delusion we think that we are the mind and try hard to remove the misery. The only solution is to understand that the mind cannot have any relationship with the consciousness since it is an inert object.

Example: If there is dirt on the face, which is revealed by a mirror, we need to take some physical action for removing the dirt. However, if dirt is on the mirror, which appears to be on our face, we do not have to do any action to remove the 'dirt' from our face. We just need to understand that there is no dirt on our face.

Similarly, the pairs of opposites of the world do not have any effect on our real self. They affect only our body/mind complex. It is not possible to make our body/mind complex immune from the environment. However, if we do not identify ourselves with the body/mind complex, we can lead a joyful living. When this happens, our mind also will learn not to get afflicted by the environment.

If we are to remove the affliction on the body/mind complex we need to engage in action. However, if we are to remove the imaginary affliction on our true self, no action is required. All we need to do is to understand that the word 'person' means ONE and not the body/mind complex.

**Statement 2:** Thus, 'a person' means the real self, which is the basis on which the our body/mind complex rests.

In other words, we should first remove the misconception that we are the body/mind complex. If we do so we will realize that, the observer of the body/mind complex is the real self.

If we assume that the body/mind complex is the true self, joyful living is impossible. This is so because the body will age and die for sure. On the other hand, if we go by the scriptures, we see that the body/mind complex is an illusion supported by the ONE, joyful living is possible.

We know that we exist. Moreover, it is claimed (by the scriptures) that our body/mind complex is an illusion. We cannot tell a lie, without a corresponding truth. If our body/mind complex is not the truth, then what is the truth?

Example: In order to see a snake by mistake there has to be a basis, a rope or crack on the earth or a shadow. It is not possible to see a non-existent snake without something that exists.

Similarly, if our body/mind complex is an illusion, there has to be a reality that supports this illusion.

Although the movie character talks, moves and behaves like a real person, we are aware of the difference. We are more real than a movie character since we have a consciousness. We are more real than the body/mind complex because we are the consciousness and we have a body/mind complex.

In order to understand the true nature of 'a person', we need to analyze the person as we perceive him together with the real person. One cannot exist without another.

Example: In order to analyze the snake, we cannot bring the snake alone to the lab. The rope will invariably accompany the snake!

Similarly, when we attempt to analyze the false the truth will accompany it.

Therefore, we start with our perceived notion of self as body/mind complex and see that they are ever changing. The one who could observe such changes has to be changeless. If the observer is also changing then it is not possible to observe that the body/mind complex is changing.

Since we know that the observer has not changed at all, while our body/mind complex is continuously undergoing change, we can conclude that the observer is the true self.

Observer (our real self) is the observed (our body/mind complex) since we have created this illusion from our inherent power called AEM (Refer Module A for more details)

The meaning of the words 'knows himself' in the key statement 'If a person **knows himself** to be this ONE, desiring what and for whose benefit will he struggle?' can be understood from two different perspectives.

From the perspective of the ignorant person, he knows himself to be caught in the miseries of the world due to his perceived inadequacy.

From the perspective of an enlightened person, he knows himself to be very free since he is not affected by the conditions of the body/mind complex.

The body/mind complex is an inert object without life. Ignorant person assumes that somehow life has evolved into an inert object. However, the enlightened person knows that life is involved into inert object.

**Question:** How is it possible for the enlightened person to say 'I am ONE' since his body/mind complex has no relationship with ONE. In addition, there is no way ONE can say 'I am ONE' without using the body/mind. Therefore, the word I can mean neither the consciousness nor it can mean the body/mind complex. Thus, it is not possible for anyone to say 'I am ONE'.

**Answer:** There are three meanings to the word 'I'.

The popular meaning refers to the reflected consciousness bundled with the body/mind complex. This is the literal meaning of the word 'I', which is used by the ignorant people. In this context it is not possible to neither say 'I am ONE' nor people say that because they are ignorant about the existence of the original consciousness.

The other two meanings of the word 'I' are rare which is used by enlightened people.

In the context of worldly transactions like 'I want to eat' etc, the word 'I' refers only the reflected consciousness and the body/mind complex. Nevertheless, he says this with proper understanding that this meaning of 'I' is false and sustained by the original consciousness.

In the context of teaching self-knowledge to others OR for his own Inner Transformation, he says the word 'I' to refer the original consciousness.

Therefore, only in the context of teaching the enlightened can say 'I am ONE'.

**Question:** It is not possible to say 'I am ONE'. Since the ONE, the original consciousness is the only one without the second it cannot say 'I am ONE'. In addition, the original consciousness does not have the support of body/mind complex to say 'I am ONE'.

The reflected consciousness cannot say 'I am ONE' because it is only an illusion and not the reality. There are many body/mind complexes, which are reflecting the image of the only original consciousness. Therefore, how every reflection could say 'I am ONE'?

**Answer:** Technically, it is correct that it is not possible to say 'I am ONE'.

Example:  $A = B$ . It means A and B are different but their value is same. Since only the values are same, it is not possible to say 'A' and 'B' are the same. It is neither possible nor necessary to say  $A = A$ .

There is only one situation in which we could say that two objects are one and the same. Only when one of the objects is real and the other one is an illusion we can say that both are the same.

Example: In a room, one person is sitting by the side of a big mirror. Some passerby might mistake that there are two persons sitting next to each other. In this situation, it can be explained that both are the same.

In order to give such an explanation one person should be real and the other person should be false. Only in the mind of the passerby, there are two persons due to ignorance. To remove this ignorance the person in the room may say 'I am one'.

Similarly, the reflected consciousnesses are many in number. However, when they say 'I am ONE' it should be assumed to refer the only original consciousness.

Example: To continue the previous example, what will be the reaction of the passerby, if he hears the reflection say 'I am one'?

In the case of ONE, it has no necessity to say, "I am ONE". Besides it cannot say, "I am ONE" since it is not associated with any body/mind complex. The reflected consciousness using the mind/body complex can say, "I am ONE" for explaining the truth.

Example: In the movie 'Total Recall', the character on the computer screen will say 'I am you' to the hero.

Since in reality there is only one, the reflection can declare, "I am ONE" because the reflections do not exist without the original.

**Statement 3:** Thus, 'knows himself' means to know his real self

**Unit 02      “to be this ONE”**

**Number of Sessions: 26**  
**(07 – 32)**  
**Number of Lessons: 8**  
**(04 – 11)**

On completion of this unit, the student will be able to

- (a) Define the stages involved in gaining Direct Knowledge
- (b) Understand what is meant by ‘You Are That’

**Notes to the teacher: (Ref 7.019 and 7.136 of the original text)**

The word THIS is the important phrase and the student will move from indirect knowledge to direct knowledge if he understands this aspect.

**Unit Test:**

**Session G32**

1. What is the importance of the word ‘this’ in the key statement? (Lesson 4)
2. What are the seven stages in the journey to Joyful Living? (Lesson 5)
3. What is the difference between Direct and Indirect Knowledge (Lesson 7)
4. What is the role of student and teacher while progressing from Direct to Indirect Knowledge?
5. What are the three aspects involved in any communication (Lesson 8)
6. Explain the normal communication gap that occurs in understanding the statement ‘You Are That.
7. How the process of gaining knowledge differs, while understanding the meaning of the statement ‘You Are That’? (Lesson9)
8. What are the three obstacles in making the knowledge steady?(Lesson10)
9. What are the five steps in removing the deficiencies in the mind?
10. Explain PORT (Lesson11)

The meaning of the words ‘to be this ONE’ in the key statement ‘If a person knows himself **to be this ONE**, desiring what and for whose benefit will he struggle?’ is discussed here.

ONE means the only reality, which is changeless. The entire universe is an illusion that is projected on the ONE.

The word ‘this’ is a pronoun normally refers to someone or something that is close by. When we refer to one of our hands, we say ‘this hand’. The word ‘this’ here signifies the doubtlessness, clarity, familiarity, confidence and the authority with which we talk about our hand. Supposing we are to talk about something that is far away, not fully known, we do not use the word ‘this’. We may use the word ‘that’ instead.

In the above statement the word ‘this’ is pronoun to the noun ‘ONE’. The primary reason for the usage of the word ‘this’ is to emphasize the need of knowing oneself to be **this ONE**. We need to know ONE as intimately and as closely as we know our hand. The direct, doubtless and strong knowledge that ‘I am **this ONE**’ will enable us to live joyfully.

We have knowledge of an object. The knowledge could be direct or indirect. Direct Knowledge refers to the knowledge gained through our sense organs directly. If we hear about the object and gain knowledge, it is Indirect Knowledge.

**Statement 4:** The term ‘this’ refers to Direct Knowledge. If we have indirect knowledge of an object we refer to it as ‘that’.

Similarly the term ‘this’ is associated with those objects that are directly available for perception. We use the word ‘that’ to refer those objects that are not within the reach of our sense perception.

Thus, both our knowledge and the object can determine the usage of the words ‘this’ and ‘that’.

In case of ONE, it is always self-evident. Therefore in general we should be referring to ONE as ‘this’ and never as ‘that’. However, in practice most people refer to ONE as ‘that’ because of ignorance. When a wise man says, “You are that ONE” if they trust him it becomes knowledge and if they do not, it remains just as a thought.

When it becomes knowledge, he assumes that ONE exists somewhere far away. This is indirect knowledge. From this stage he moves on to the direct knowledge of knowing that he is ONE. Then he realizes and says, “I am this ONE”. This can be explained by the story of the tenth man.

This incident happened long, long ago. Man has just evolved from the monkey! Obviously, men in those times were not very intelligent as we are now. Therefore, we can imagine the level of ignorance displayed here without raising our eyebrow!

There were ten men traveling from one village to another passing through a jungle on the way. The village chief had told them to be together all the time and ensure that everyone is safe. They had to cross a turbulent river on the way. After crossing the river with great difficulty, all the ten assembled on the other shore.

One of them remembered the instruction of the village chief, said ‘Let us check if all the ten of us have crossed the river safely’, and started the head count. He counted everyone (except himself) and came to the figure of nine! He then said “Oh my god! We have lost one person”.

Another from the group volunteered to recheck and he arrived at the same figure of nine. Then the gravity of the misfortune stuck all of them and they started searching for the missing person. Couple of them even jumped into the river to look for the missing person. When all their attempts failed to locate the tenth person, they started crying at their misfortune.

A wise man was passing-by and asked one of them the reason for their sadness.

The first man explained him the situation. The wise man (who is more evolved than the rest) could see their problem and said, “I can help you.” However, the first man responded “No thanks sir. You will not be able to help since we know that we lost the tenth man. Life is like that. It is a mixture of pleasure and pain. We should learn to accept the pain if it is so destined”

The wise man then moved on to the next person and offered to help.

The second man got very angry and responded. “We do not want your help. How can you help us? We all tried our level best to locate the tenth person. Are we fools? How can you solve our problem when all our efforts have failed? So please go away”

The wise man then moved on to the next person and offered to help.

The third man was more hopeful. He asked the wise man “Can you really help us?” The wise man replied, “Yes....I can”. “Then please jump into the river and get him. We are sure we lost him there!” The wise man said that there is no need for him to get into the river and he can solve the problem without getting wet! The

third man replied, "That is not possible. You cannot help us without getting into the water" and ignored the wise man.

The wise man then moved on to the next person and offered to help.

The fourth man was very desperate and he somehow wanted to solve the problem. Therefore, he asked the wise man to locate the tenth man in whatever way he thinks fit. The wise man said, "I have already located and I can see all the ten of you here. No one is missing anymore". Hearing this, the fourth man became very happy. He fell on the feet of the wise man and thanked him for his help.

The fifth man overhearing this conversation was not satisfied with the answer of the wise man. He asked him 'How do you say that there are ten of us. Prove it to me'. The wise man then counted each one of them by pointing fingers at each one and proved that there were ten. Hearing this, the fifth man became very happy. He fell on the feet of the wise man and thanked him for his help.

The sixth man was not happy with the solution. He told the wise man 'You are cheating us. How come you are counting ten, when we count we get only nine?' The wise man then adapted a new method. He said that he will beat each one of them with a stick and when beaten they should shout once. He asked everyone to count the sound. All of them counted ten. Having done this, the sixth man became very happy. He fell on the feet of the wise man and thanked him for his help.

The seventh man however wanted more explanation and said, "Ok you have proved that there are ten of us here. Please explain to me who was the missing tenth man" The wise man explained, "You did not count yourself". The seventh man said "Oh! Now I understand! I am the tenth man!" The wise man replied, "I am not sure whether you have understood!" Nevertheless, the seventh man became very happy. He fell on the feet of the wise man and thanked him for his help.

The Eighth man wanted to verify the whole thing again and when he was counting, he counted 7 pointing the seventh man. Immediately the seventh man protested. "I am the tenth man! Why are you counting me as 7?" The wise man had to interrupt and for resolving the debate.

Seeing this commotion, the Second man got up and said, "I told this (wise) man not to waste our time. What has happened has happened. No one can do anything about this. He did some miracle and made us believe that the tenth man is found. We have in fact lost the tenth man. Let us not waste any more time on this." The First man agreed and said "Life is like that. Let us get on with our journey."



The Ninth man who earlier thought he understood after hearing this conversation said, “So the tenth man was never missing. You did not find him for us. Even if we were to get on with our journey all of us, whether nine or ten, would have reached the village safely. I agree with the First and Second men. You did not help us at all.” Do not waste our time anymore.

So all of them (some of them half-heartedly) requested the wise man to leave them alone so that they can continue their journey. Therefore, the wise man bid them farewell.

The Tenth man before walking with his friends went close to the wise man on the pretext of bidding farewell and said, “Thanks teacher. I understand you. You have taught me the truth. I am the tenth man and I did not know this. But for your guidance I would have never learned this. Let us continue our journey. When the misfortune (!) strikes us again I will try and teach our friends what you were trying to teach them”

The wise man walked away without being sad (that he could not teach 9 of them) or happy (that at least one learned the truth) about his performance; for he knows one day or other all the remaining nine will learn the truth. He is also aware that the tenth man alone was matured enough to learn the truth and he would have learnt it anyway from some other wise man if he had not met him.

## **Analysis of the story:**

After crossing the river suddenly, a misfortune struck the travelers. Let us analyze the cause of the misfortune, how it is resolved into perfect satisfaction/happiness in the mind of the Tenth man.

There are **seven stages** in the process. It is very rare that a person progress through all the seven stages and reach the ultimate salvation within one lifetime. More often than not there will be a slip and people will continue to be miserable. One who is persistent and consistent with a matured mind alone can cross all the stages to reach the final stage.

**Ignorance:** Although each one of them is the TENTH MAN, they counted only nine of them. Each one is ignorant since they do not know that they should count themselves. They are wise enough to count correctly although they miss out the self. If they do not even have this wisdom, they will be blissfully ignorant even if they had really lost a person while crossing the river. They are wise enough to comprehend that they are supposed to count ten and one is missing. Hence, this half-baked wisdom is the root cause of the suffering. (Total ignorance is bliss.)

**Statement 5:** Partial knowledge and partial ignorance is the problem

**Specifying the ignorance:** The tenth man (each one of them) saying 'I could count only nine. Therefore, the tenth man is missing. Since I cannot see him, he is not here.' This is the second stage after ignorance. Animals also may find one missing but they may not express the situation like this. Therefore, with respect to animals this half-baked wisdom will not mature into prolonged suffering. The ability to specify the ignorance results in suffering.

**Statement 6:** Specifying the ignorance is the next stage.

**Suffering:** Since the tenth person is missing, each one assumes that he is drowned in the river. Therefore, they are crying at their misfortune. The result of their ignorance has caused them this misfortune.

**Statement 7:** Suffering results from ignorance

This is the most difficult stage among all the seven stage because people are under the assumption that they are suffering because the tenth man is missing and not because that they are ignorant. Only when they realize that the ignorance is the cause of their suffering they will cross this stage.

**Indirect Knowledge:** The wise passerby says 'The tenth man is alive and is here'. The moment the tenth man hears this he realizes that the tenth man exists (somewhere!). This is the indirect knowledge. Indirect knowledge is gained when one gets to know the truth from a wise person. It is essential that the teacher should be wise and the student should have strong desire to learn and absolute trust in the teacher. If any one of these three factors is absent then it is not possible to gain the indirect knowledge.

**Statement 8:** The first step towards the absolute knowledge is Indirect Knowledge.

**Direct Knowledge:** When the wise man clarifies "you are the tenth man" and after deep enquiry if one finds out that he is the tenth man, he gains the direct knowledge. Direct knowledge is gained when one enquires and reflects on the indirect knowledge. Gaining indirect knowledge is comparatively easy. One has to work extensively to gain the direct knowledge. Indirect knowledge can be overthrown by another indirect knowledge. However, once the Direct Knowledge is gained it will not leave us.

**Statement 9:** Conversion of information to knowledge is Direct Knowledge

**Removal of suffering:** Because of the direct knowledge, he stops suffering. It takes a while for him to remain in this stage without any suffering before he moves on to the next stage of perfect satisfaction. Both the physical and mental sufferings do not cease on the instant of gaining the direct knowledge.

**Statement 10:** The effect of Direct Knowledge is removal of suffering

**Perfect satisfaction:** Soon after removal of the suffering, he starts rejoicing. He enjoys the mere presence of himself since he is the 'missing' tenth man. Whatever is the situation or the environment he rejoices his own presence.

Example: A father after a long struggle arranges the marriage of his daughter. There is a perfect satisfaction in his mind about his achievement. While conducting the wedding he may come across many situations, some of them pleasant and some of them not so pleasant. Nevertheless, in and through every experience he has perfect satisfaction that he has successfully completed his own long pending duty.

Similarly, the tenth man will remain in perfect satisfaction that he has found the tenth man. He will enjoy his meal more. Supposing as he walks a thorn pokes the leg he will stop and remove it from the foot. Although it is painful, this experience is ignored since he is immersed in the thought that he has found the tenth man. Thus, the 'enlightened' tenth man will live joyfully.

**Statement 11:** The final stage is perfect satisfaction (Joyful Living)

This is happening here and now in the midst of our modern society. Man is under the impression he is fully evolved and his intelligence is par excellence. Nevertheless, every one of us is behaving like one of the ignorant persons in the group of ten. So the very same story of ten people is now retold and the student can figure out which one of the ten ignorant persons he represents.

All of us are progressing in the journey of life. Our common destination is to reach a stage where one can remain in non-diminishing happiness, undisturbed security and everlasting peace all the time. Unless someone teaches us the correct path to this destination, we will continue to remain ignorant. According to our level of intelligence, we choose our own path (name, fame, wealth, money, power, position, status) and progress towards the destination.

While traveling through our chosen path we come across many positive and negative experiences. We assume that all of them are part of the journey and continue to progress towards our destination.

We do get many opportunities to think and reflect whether the chosen path is the correct one or not. However, we ignore them in our hurry to progress. Nevertheless, when a greater tragedy strikes, we may become more receptive to one such opportunity in which we seriously contemplate on our chosen path and the ultimate destination.

Is it ever possible that a man can remain in non-diminishing happiness, undisturbed security and everlasting peace? In other words, can one ever live joyfully forever?

Normally this question does not make sense and we remain blissfully ignorant. As a result, we become happy when our path is pleasant and nice. However, when it becomes harsh we suffer.

When this question makes sense, after a particularly bad experience, we reflect on it for some time and conclude “A joyful man who is changeless all the time? No. I do not perceive such a man and he does not exist”

Such reflection reminds us the fact about our destination. When we look back at our youth, we realize that happiness was with us when we were young. Somewhere along the journey, we seem to have lost this everlasting happiness.

Therefore, we are sad that the happiness is missing. We struggle to locate the everlasting happiness in all locations, in relationships, in friendships, in the family, in the profession and in the society.

It appears that all our journey is wasted since experience shows us that our path (Name, fame, money, wealth, power, position and status) do not bring us the ever-lasting happiness. We do not find any security in the relationships or in family. So we feel miserable.

A wise man is passing-by and asks one of us the reason for the sadness.

The first man explains him the situation. The wise man (who is more evolved than the rest) could see their problem and said, "I can help you." However, the first man responds "No thanks sir. You will not be able to help since we have now learnt that the happiness belongs to our yesteryears and since we are now old, we have lost it. Life is like that. It is a mixture of pleasure and pain. We should learn to accept the pain if it is so destined"

The wise man then moved on to the next person and offered to help.

The second man got very angry and responded. "We do not want your help. How can you help us? We all tried our level best in all possible paths to find everlasting happiness. Are we fools? How can you solve our problem when all our efforts have failed? So please go away."

The wise man then moved on to the next person and offered to help.

The third man was more hopeful. He asked the wise man "Can you really help us?" The wise man replied, "Yes....I can". "Then please get me more money. Then I will get back the happiness. We are sure we lost the happiness since we do not have enough money!" The wise man replied that he cannot give him any money but he can help him find happiness without bringing in money! The third man replied, "That is not possible. You cannot help us without getting us money" and ignored the wise man.

The wise man then moved on to the next person and offered to help.

The fourth man was very desperate and he somehow wanted to solve the problem. Therefore, he asked the wise man to find the everlasting happiness in whatever way he thinks fit. The wise man replied, "I do see happiness here. Happiness is not missing anymore." Hearing this, the fourth man became very happy. He fell on the feet of the wise man and thanked him for his help.

The fifth man overhearing this conversation was not satisfied with the answer of the wise man. He asked him 'How do you say that there is happiness here. Prove it to me'. The wise man then asked him to stay quiet for some time and look within. Thinking happiness is within us, the fifth man became very happy. He fell on the feet of the wise man and thanked him for his help.

The sixth man was not happy with the solution. He told the wise man ‘You are cheating us. I do agree we can find happiness within ourselves for a brief period. But then it is not everlasting.’ The wise man replied that it is not necessary that one should sit quietly in order to enjoy the everlasting happiness. One can be happy even in action. Hearing this, the sixth man got somewhat convinced.

The seventh man said, “How can we be happy in action? In all our actions, we have choices. We are not sure whether we are choosing the right choice. Many times, it appears that the choice that we made does not seem to be the right one. Even when we do the right actions, we are not sure if we have done it perfectly. Perfection seems to elude us. Therefore we feel guilty and not happy”.

The eighth man added, “The action always brings us results. The results do not seem to meet our expectations. Even if it meets our expectation, we are hurt when we see that others have better results than we do. Moreover, the results are not long lasting. We are forced to act continuously in order to improve the results. Therefore we are hurt by the results and do not get everlasting happiness”.

The wise man replied to the seventh and eight men:

It is true that the action will always leave a feeling of guilt. It is never fulfilling. And it is also true that the results will always leave a feeling of hurt. It is ever inadequate.

The reason for this feeling of this guilt and hurt do not lie in the actions or results. It is due to ignorance of the existence of ONE.

We need to understand and appreciate the existence of changeless, ever witnessing joy so that the action could be done without guilt and the results could be enjoyed without the feeling of inadequacy. That change less ever witnessing joy is called ONE.

To this, the ninth man replied, “if you are saying such ONE exists, where is it?” If this question is asked without trusting the wise man, further explanation will not help. If he trusts the wise man, the explanation will lead to direct knowledge.

The wise man says ‘You are that ONE’ and explains the seven stages to reach the perfect satisfaction. (As listed below in the ‘Analysis of the story’)

The tenth man reflected on the teachings of the wise man, replied ‘I am everlasting happiness’, and thanked the wise man for his invaluable teaching.

The wise man walked away without being sad (that he could not teach 9 of them) or happy (that atleast one learned the truth) about his performance; for he knows one day or other all the remaining nine will learn the truth.

## **Analysis of the story:**

Life is a journey. During the initial part, we were quite happy. As a newborn baby, we were happy all the time. As we grow, somewhere down the line, without our knowledge, we seem to have lost our happiness. From being happy all the time, we were happy most of the time. Then happiness has become an occasional experience. By the time, we reach our middle age happiness has become a rarity.

After crossing the halfway through our journey, we realize that life is full of problems and challenges. When we meet the challenges or solve the problems, happiness visits us very briefly. Apart from this flirting experience of happiness, we are immersed in anxiety, worry, hope, frustration and host of such negative emotions.

Example: Being chased by a hungry lion, a man fell in to a dry well. He caught hold of the roots of a tree that is protruding out of the wall of the well and escaped falling on the sharp rocks deep below. The lion was still waiting at the mouth of the well. A rat started to eat the roots from which he is hanging down. When he fell down he had disturbed a beehive and the bees started stinging him. As he turned his face away from the bees, he saw a snake approaching, may be to catch the rat. At that point of time, a drop of honey from the hive fell on his tongue.

The happiness in our life corresponds to the sweetness 'enjoyed' by the man who is being stung by the bees, hung by the roots that are being cut by a rat and oscillating between the hungry lion and sharp rocks down below, avoiding the snake that is approaching from the side.

Let us analyze the cause of this misfortune, how it is resolved into perfect satisfaction/ happiness in the mind of the tenth man.

There are seven stages in the process. It is very rare that a person progress through all the seven stages and reach the ultimate salvation in one lifetime. More often than not, there will be a slip and people will continue to oscillate between pleasure and pain like the man hanging inside the well. One who is persistent and consistent with a matured mind alone can cross all the stages to reach the final stage of Joyful Living.

The first three stages are grouped under the heading 'suffering' and the later four stages are grouped under the heading 'liberation from suffering'.

## **Group A: Suffering**

(1) Ignorance, (2) Specifying the Ignorance and (3) Knowing the cause of the suffering are the first three stages in the process of moving from suffering to Joyful Living.

Most people in the world are in the process of making their mind matured enough to commence the journey towards the destination of Joyful Living. When they do commence, they will progress through these stages.

Stage 1: Ignorance refers to the understanding that they want eternal happiness. It is titled 'ignorance' because when they commence the journey people do not yet clearly know that they want eternal happiness.

Stage 2: Specifying Ignorance is the next stage wherein people are able to specify that they want eternal happiness.

Stage 3: Knowing the cause of the suffering is the final stage in this group named 'suffering'. People realize that their ignorance is the cause of suffering and start seeking knowledge, which will give them liberation.

## **Group B: Liberation from suffering**

(4) Indirect Knowledge, (5) Direct Knowledge, (6) Removal of suffering and (7) Joyful Living are the next four stages in the process of moving from suffering to Joyful Living.

Only those people who understand that the only cause for suffering is ignorance and the only solution to the problem is to gain knowledge move on to the fourth stage.

Stage 4: Gaining indirect knowledge removes the ignorance with respect to existence of everlasting happiness.

Stage 5: Gaining Direct Knowledge removes the ignorance on the experience of everlasting happiness.

Stage 6: Removal of the ignorance will lead to removal of suffering.

Stage 7: Attainment of Joyful Living is the final stage of the journey.

After reaching this stage people live happily ever after.

All the seven stages are now explained in detail in continuation of our story of the tenth man.



**Ignorance:** Each one of them is ignorant since none of them knows that they are happiness themselves. They are wise enough to know correctly that they want to be happy all the time. If they do not even have this wisdom, they will be blissfully ignorant even if they had really lost the ever-lasting happiness while crossing the journey of life. They are wise enough to comprehend that they are supposed to be happy all the time. Hence, this half-baked wisdom is the root cause of the suffering.

Total ignorance is bliss. That is the reason animals do not have stress or tension. If they get food, they are happy. If they do not get food, they may die. They do not worry what will happen if they are not able to hunt their food on the next day.

### **Partial knowledge and partial ignorance is the first stage**

Example: Two people do not know Mandarin language. One of them does not even know that there is a language called Mandarin exists.

While both of them do not know Mandarin Language, one is ignorant of his ignorance and the other is aware of his ignorance.

Every living being wants to be happy all the time. However, many do not think that it is ever possible to live happily all the time. Such people have not yet commenced their journey towards Perfect Satisfaction.

Only those who are aware of the absence of everlasting happiness declare 'I want eternal happiness' enter the first of the seven stages in their journey towards Perfect Satisfaction

**Specifying the ignorance/ inability:** The tenth man (each one of them) saying 'I could see changing, limited and mortal being (in us). There is no changeless, infinite, immortal being. Everlasting happiness (tenth man) is missing. Since I cannot see such a person, he is not here.' This is the second stage. Animals also may find one missing but they may not express the situation like this. Therefore, with respect to animals this half-baked wisdom will not mature into prolonged suffering. The ability to specify the ignorance results in suffering.

In the first stage, people want to be happy all the time and they are aware that they do not have eternal happiness. Those who put in efforts to reach eternal happiness enter the second stage.

Example: Two people do not know Mandarin Language. One of them does not know anything but the other has started to learn the language.

While both of them may not be able to converse in Mandarin, one who has learnt the language partially will be able to specify his ignorance. He may

say, I know how to speak in broken language. I do not know how to speak fluently without grammatical mistakes.

Similarly, those who have progressed in life by putting efforts on earning money, wealth, name, fame, power, position and people, have learnt the basics of being happy all the time. However, in this second stage they are able to specify their ignorance more clearly.

Most people are hopeful of finding everlasting happiness through hard work. They assume by correcting the external environment it is possible to attain Joyful Living.

Example: People go abroad to earn more money with a hope that they will come back and settle down to live happily ever after. This target date is never reached. They keep chasing the horizon hoping that one day they will reach it.

Only when they realize that it is not possible for them to reach Joyful Living, they declare their inability and express their ignorance.

**Specifying the ignorance of the everlasting happiness and the inability to find the same is the next stage.**

People stay in this stage for a long time (atleast until they are around 35 – 40 years) since they are under the assumption that since they have commenced their journey towards Joyful Living only now, in due course of time they will reach it.

Example: A person who has spent around six months studying Mandarin Language will not give up his effort thinking that he has not yet mastered the language. He knows that he has to spend more time and effort he will master the language.

Similarly, people will continue to be in this second stage, working harder towards finding the everlasting happiness. However, unlike learning a language, everlasting happiness cannot be found through hard work in the external world. Only when they realize that they will not able find everlasting happiness, they will accept their inability. So long, they do not specify their ignorance and accept their inability, they will not progress to the next stage.

**Suffering:** Since the ever-lasting happiness (tenth person) is missing, each one assumes that it is lost during the journey of life. Therefore, they are crying at their misfortune. The result of their ignorance has caused them this misfortune. Suffering actually starts in the very first stage of partial ignorance. While the search is on suffering continues. Finally, when they realize the futility of their search and conclude that it is not possible to find everlasting happiness, the

suffering reaches the peak. Atleast during the first two stages they were hopeful of finding everlasting happiness but in this stage, they have lost their hopes too.

**People cross this third stage only when they realize that the suffering is the result of ignorance.**

This is the most difficult stage among all the seven stages because people are under the assumption that they are suffering because the ever-lasting happiness (tenth man) is missing and not because that they are ignorant. Only when they realize that the ignorance is the cause of their suffering they will cross this stage.

Normally people are happy when they gain name, fame, money, wealth, property and prosperity. Therefore, they wrongly assume that the source of happiness is external. The truth is just the opposite. There is no happiness in the external objects, events and persons. Nothing in the world can ever give any happiness and surely, they cannot give everlasting happiness.

Without knowing this truth, everyone assumes that more name, fame, money, wealth, property, prosperity and people will bring eternal happiness. People keep working in the external world trying to gain more of all these so that eternal happiness could be found. In spite of our best efforts, eternal happiness could not be found. As a result, suffering continues. People assume that they suffer because the fruits of their work is insufficient and not because of the ignorance of the source of happiness.

Thus, most of them do not know that all the sufferings are the result of the ignorance. It is generally thought that the suffering is due to poor environment. People assume that they are inadequate and keep searching for fulfillment.

As a result, all of them continue to work harder towards finding everlasting happiness without knowing that all they have to do is to remove their ignorance by gaining knowledge.

Only when a big tragedy strikes, people realize their helplessness in finding everlasting happiness. Normally people assume that the result of any action corresponds to the effort spent in the action. This is not true.

People are under the wrong assumption that the cause and effort have linear relationship. They will always work harder and better so that the result of their action brings them everlasting happiness. This never happens.

When people cross the first three stages (which are grouped under the head 'suffering') they enter a new group (of four more stages) called 'liberation from suffering'. Although people continue to suffer during the next two stages, they are progressing towards removal of suffering (the sixth stage).

They can cross the third stage only with external help. It is not possible to enter the fourth stage with one's own effort.

**Indirect Knowledge:** The wise passerby says 'The ever-lasting happiness is available here'. This statement gives the knowledge that the ever-lasting happiness is not lost and it exists (somewhere!). This is the indirect knowledge.

Indirect knowledge is gained when one gets to know the truth from a wise person. It is essential that the teacher should be wise and the student should have strong desire to learn and absolute trust in the teacher. If any one of these three factors is absent then it is not possible to gain the indirect knowledge.

**The first step towards the Joyful Living is to gain Indirect Knowledge that the everlasting happiness exists.**

This is the first sign of hope. In the third stage, people were suffering without seeing any possibility of Joyful Living. Then due to the past good deeds, they get an opportunity to meet a wise man who is willing to teach them the truth. And now, it appears that it is possible to gain the knowledge that will remove the ignorance resulting in removal of suffering. In fact this indirect knowledge removes part of the ignorance. From the stage of saying 'it is impossible to live happily all the time', people are now convinced that it is certainly possible in the near future.

Once the light at the end of the tunnel is seen, the progress will be faster. People will start working seriously and absorb the indirect knowledge. They will be eager to progress and gain the ever-lasting happiness. This eagerness will take them forward.

This stage is distinguished from the previous group of three stages from the point of view of suffering. For the first time the suffering starts reducing and happiness start increasing. There is consolation that the everlasting happiness is not lost forever! This ray of hope, start growing into happiness and as he passes through the remaining three stages, it will culminate in to everlasting happiness.

Like the previous stage, even this stage might take a long time to cross for most people although unlike the previous stage the progress does not depend on the availability of external help. One has to spend time and effort to do deep enquiry and reflect on the knowledge obtained from the wise man.

**Direct Knowledge:** When the wise man clarifies "you are happiness", the tenth man has to conduct a deep enquiry on these words and reflect on the meaning. When he understands the meaning, it becomes direct knowledge.

Direct knowledge is gained when one enquires and reflects on the indirect knowledge.

Gaining indirect knowledge is comparatively easy. One has to work extensively to gain the direct knowledge. Indirect knowledge can be overthrown by another indirect knowledge. However, once the Direct Knowledge is gained it will not leave us.

Both indirect knowledge and the direct knowledge have to come from the teaching of the wise man. It is impossible to gain this knowledge through one's own effort without the guidance of the wise man.

After gaining the indirect knowledge, people will assume that they have to work harder, search and locate for experiencing the ever-lasting happiness. This misconception is removed through deep enquiry into the teachings of the wise man. That is the only way to gain the direct knowledge that I am happiness.

Thus, direct knowledge removes the final covering of the ignorance, namely the absence of experience. While existence is cleared by the indirect knowledge, the quest for experience is cleared by direct knowledge.

**Removal of suffering:** Because of the direct knowledge, he stops suffering. It takes a while for him to remain in this stage without any suffering before he could move on to the next stage of perfect satisfaction. Both the physical and mental sufferings do not cease on the instant of gaining the direct knowledge.

**The first effect of Direct Knowledge is removal of suffering.**

**Perfect satisfaction:** Soon after removal of the suffering, he starts rejoicing. He enjoys the mere presence of himself since the very thought that he is the happiness which he was searching so long. Whatever is the situation or the environment he rejoices his own presence.

Example: A father after a long struggle arranges the marriage of his daughter. There is a perfect satisfaction in his mind about his achievement. While conducting the wedding he may come across many situations, some of them pleasant and some of them not so pleasant. Nevertheless, in and through every experience he has perfect satisfaction that he has successfully completed his long pending duty.

Similarly, the tenth man will remain in perfect satisfaction that he has found the everlasting happiness. He will enjoy his meal more. Supposing as he walks a thorn pokes the leg he will stop and remove it from the foot. Although it is painful, this experience is ignored since he is immersed in the thought that he has found the everlasting happiness.

Thus, the 'enlightened' tenth man will live joyfully.

The knowledge “I am this ONE” can come from the scriptures alone. There is no other source. It is not possible for anyone to read the scriptures and gain this knowledge directly without the help and guidance of a qualified and competent teacher.

In order to gain this knowledge one should be sufficiently intelligent and have a matured mind. Following the instructions in the scriptures is a sure way to prepare the mind for receiving the ultimate knowledge. However, it is quite possible that one can attain the mental maturity without actually reading/ understanding the scriptures. The normal life consisting of work and prayer will automatically make the mind matured.

As the result of the past good actions, one will get a compassionate teacher at the appropriate time and can learn “I am this ONE”

The knowledge that the tenth man exists is indirect knowledge. When this knowledge becomes ‘I am the tenth man’, it is direct knowledge.

Similarly, the knowledge ONE exists is indirect knowledge. This knowledge should become “I am this ONE” and then it is direct knowledge.

The only way to progress from indirect knowledge to direct knowledge is to enquire on the teaching of the scriptures.

To gain indirect knowledge one has to listen to the essence of the scriptures from a competent teacher. At this stage, his role is to trust the teacher entirely and listen/ learn.

To convert this indirect knowledge to direct knowledge he has to enquire on the teaching. At this stage, his role is to participate actively in the learning and not mere listening. He should validate the teachings with logic and his personal experience so that he gets convinced about the validity of the teachings.

While gaining indirect knowledge one is still dependent on the teacher completely and while converting it as direct knowledge the responsibility is divided equally between the student and the teacher. During the first stage of learning the scriptures, he must trust the teacher 100%. During the second stage of enquiring, he should depend on the teacher only for 50%. He must depend on his own reasoning and logic for the remaining 50%.

**Statement 12:** The only source of gaining the direct knowledge of self is the scriptures.

In any communication, there are three aspects: sound, thought and the content. In a communication between the speaker and the listener, if all these three are identical then the communication is successful. Else, there will be a communication gap.

Example: The speaker says 'Ram'. The sound originated from him should reach the listener in the same way. Suppose there is a distortion due to external disturbance, then the listener may hear the word 'Sam'. To avoid communication gap it should be ensured that the sound should reach the listener without distortion.

Secondly, the word 'Ram' has content. It refers to a person. The speaker has a picture of that person in his mind and wants to communicate the same. The second requirement is the listener should also understand the content (thought about the same person) as per the intention of the speaker.

Thus if the sound, thought and content are same with respect to both the speaker and the listener we establish a successful communication.

However when the speaker is thinking of Ram as the hero of the Ramayana and the listener is thinking of Ram as the neighbor, then there is a communication gap due to variation in content.

Even if listener gets the correct meaning of Ram, he may not have as much regard for Ramayana as the speaker. This is a case of communication gap due to variation in thought.

Similarly, the scripture declares "YOU ARE THAT (ONE)". The sound reaches the listener without any distortion.

Nevertheless, both the words YOU and THAT create thoughts that are different from the intended content. As a result, the listener gains indirect knowledge thinking that ONE is somewhere far away. In order to gain the direct knowledge it is necessary to analyze the process of communication.

For the word YOU, the listener replaces the word 'I' appropriately. However, there is a difference in the content between what is meant by the scripture and what is understood by the listener.

The listener knows that 'I' definitely means a live entity and not an inert object. However due to the strong wrong knowledge, the listener understands the content of the word 'I' as inclusive of certain inert objects like his body or mind, in addition to the conscious principle.

Sometime he assumes it to include his physical body but mostly he assumes it as his mind. Both are wrong. Both his mind and body are inert objects and they should not be mixed up with the conscious principle.

Example: We say to the doctor “I was walking for the past 15 minutes”. In this statement the literal meaning of the word, “I” includes the physical body along with the conscious principle. However, the meaning is changed in the next sentence. “My whole body aches now”. We do not say, “I am aching” because we are aware that the word “I” does not include our body.

We also know that the word “I” does not include our mind. Hence, we talk about ‘My mind...’. We have a mind and body and we are not the mind and the body.

Even though we are aware that the word “I” does not include our body/ mind complex we often include them when we convert the sound into thoughts.

Thus in the sentence “You are that”, normally we take the wrong literal meaning of the word “YOU” and create a thought about our body/mind complex.

This is the communication gap with respect to the word “YOU”

Similarly, there is a communication gap with respect to the word “THAT” too. The scripture refers to ONE as “THAT”. Nevertheless, we understand it to be God. In addition, we think God is someone who is sitting far above in the heaven and controlling us. Nevertheless, all along we all know that the God is omnipresent, omnipotent and omniscient. How could a God, who is omnipresent, be far away from us?

There is a communication gap with respect to the word “THAT”

As a result, when we listen to the sentence “You are that” we compare our insignificant body/mind complex with the all-powerful god who is sitting in the heaven and say ‘How can this statement be true?’

In order to understand the true meaning of the sentence it is essential that one should first get the correct literal meaning of the words “YOU” and “THAT”.

Example: We look at the old photograph ourselves and claim “I AM THIS”. How can a lean young figure could be the fat old me? However, we do understand this statement by disregarding the features of the body.

Similarly, we need to disregard the features of the body/mind and understand the statement ‘YOU ARE THAT’ to mean ‘I AM THIS ONE’



Thus when both the words 'YOU' and 'THAT' create identical content in the minds of the listener then the communication will be successful.

The word "I" should refer to the changeless ever-existing joyful conscious principle, which is not a part, product and property of our body/mind complex.

The word "That" should also refer to the changeless ever-existing joyful conscious principle of which God is just a reflection.

ONE is the only reality.

ONE reflects on the individual mind creating a micro reflection, which borrows the sentiency of the ONE and illumines the inert body/mind complex. This is referred as YOU the individual.

The macro reflection of ONE seen on all the minds taken together constitutes God.

The YOU in the statement YOU ARE THAT refers to the original ONE disregarding the micro reflection and the body/mind complex.

The THAT in the statement YOU ARE THAT refers to the same original ONE disregarding the macro reflection and the universe.

Thus, the statement YOU ARE THAT should be understood, as "I am this ONE".

**Statement 13:** 'I am this ONE' means the saying from scripture 'You Are That'

It is essential that one has trust in the scripture and the statements revealed in them cannot be meaningless or false. Only then we will disregard the primary meaning (that I am God) as meaningless statement and look for secondary meaning (that both God and I are reflections of the changeless ONE).

Our sense organs are our primary source of knowledge. Data from the external world is collected and fed into the mind at the request of the mind. This data is then converted as knowledge by the mind as described below:

The mind travels through our sense organs to the external world and brings back the information. Then it is converted as knowledge.

Example: When someone says, “Look at this”, we send our thoughts through our eyes. The thoughts then pervade the object and take the form of the object. Now there are two objects. One is the physical object that lies in the external world. The second is the thought object in our mind.

The mind is also an inert object just like the external object except for one difference. It appears live because it has the capacity to reflect ONE. This reflection called EGO illumines the thought object. Because of this, we become aware of the object or in other words, we gain the knowledge of the object.

Thus, the process of gaining knowledge consists of two steps. The mind forms the thought (of an object) and then the EGO illumines the thought.

However, with respect to the knowledge of ‘I am this ONE’, it is a single step process. The first step alone is enough to gain this knowledge. When we enquire on the meaning of the sentence “YOU ARE THAT” we ultimately understand that our true self is changeless ever-witnessing joy. The object of this knowledge is the self. Unlike as in the case of the external object, self does not require further illumination to be converted as knowledge.

Example: In a dark room, we use torch light. All the objects in the room could be seen only when they are illumined by the light coming from the torch. However if we are to see the torch light in a mirror, we recognize it instantly. The reflection of the light does not require any further illumination. It is self-revealing.

Similarly, the knowledge about the self is self-revealing and it does not require the EGO to reveal it. Not only it is not required, but also it is not possible for the EGO to reveal the self. EGO is the reflection of self. Therefore, it cannot reveal self.

Example: To continue the same example the light coming out of torch light cannot illumine the light in the reflection. Not that there is no reflection but the reflected light is not required to be illumined by the torch light

ONE is reflected in the mind. The reflection is called EGO. The EGO is required to gain the objective knowledge. Whatever knowledge we gain is with the help of

this EGO. We receive inputs through our sense organs and corresponding thoughts are formed in the mind. Such thoughts are to be illumined by the EGO (reflected consciousness) in order to convert them as knowledge. Therefore, the EGO is an essential component in gaining the objective knowledge.

With respect to the knowledge of the subject (self-knowledge), gaining knowledge is a single step process. We use the scripture in place of the sense organs to get data about our real self (ONE). Once we understand the meaning of the sentence, “I am this ONE” corresponding thought about the subject is formed in our mind. However, such thoughts need not be illumined by the EGO since the subject is our real self, and the EGO is a mere reflection.

Example: Moon reflects the light from the sun. We need the moonlight to see the world in the night. Nevertheless, to see the sun in the morning we do not need the moon. The moon may be still there in the morning sky. It may even continue to reflect the light from the sun. However, such reflected light is of no consequence for perceiving the sun.

Similarly, ONE is the original source. The knowledge “I am this ONE’ is gained through enquiry and corresponding thoughts are formed in the mind. The EGO need not and cannot illumine such thoughts to convert them as knowledge.

However, during the night the reflected light is essential. Similarly, while we are ignorant we need the EGO to perceive the world. Even after gaining the wisdom in order to perceive the illusory world we need the EGO, which is a part of the illusion.

Example: To play a game of monopoly or trade, one requires artificial money. A rich man still needs the fake money to be in the game.

Similarly, the world is an illusion. Our body/ mind complex is also part of the illusion. We need this illusory body/mind complex to transact in this illusory world. However, we need to be aware of the reality all the time. In reality, we know that the very same ONE, which is me, pervades into everything in the universe.

Once this knowledge is gained, it is permanent. Nevertheless, it may not be steady at all times. In order to be of use any knowledge it should be steady.

Example: Suppose the rich man playing the game of monopoly forgets that he is rich, he will feel miserable if he does not have enough fake money.

Such is the case with the knowledge “I am this ONE”, if it is not steady. We may not remember this in our day-to-day life, which will result in continued suffering as if we do not have the knowledge. Those without this knowledge are ignorant thinking “I am this body/mind complex” and are caught in the miseries of life. Nevertheless, those who gained the true knowledge may also suffer until the true knowledge becomes steady.

After gaining the knowledge, we should make it steady. The knowledge that “I am this ONE” does not become steady due to three different obstacles or hurdles in the path. They are:

- Confusion in the Instrument of knowledge (Scripture)
- Believability of the Object of knowledge (ONE / SELF)
- Deficiencies in our mind

It is quite common that the seekers of joyful living do not reach their goal soon after gaining the true knowledge. These three obstacles are to be overcome before one could reach the goal. Each of them along with the solutions is detailed below.

**Statement 14:** The first obstacle is confusion on the central message of the scriptures.

Obstacle 1: Confusion in the Instrument of knowledge:

The only source, which can tell us about God and ONE, are the scriptures. Since there are multi various religions, each having its own version of the scriptures, even after gaining the ultimate knowledge one tends to get confused.

There are various religions advocating seemingly different messages. The reason for such diversity is the diversity among the followers. Each one of us is at different intelligence level comprehending the meaning of the statement, “YOU ARE THAT” according to the limitations of our intelligence.

The only solution to come out of this confusion is to relearn until one is sure of the central message of all the religions. If one arrives at a different message nothing else could be done except to relearn the scriptures until one understands “I AM THIS ONE”.

Since it is not possible for everyone to decode the original teachings of the various religions, it is necessary to depend on a teacher. One should choose a teacher according to the tradition in which one is brought up and to whom one is naturally inclined. Having chosen the teacher one should go through the learning sincerely.

In this stage, the capabilities of the teacher should not be questioned. One should depend on the teacher 100% and hope to reach the goal of Joyful Living.

Supposing there is a limitation on the part of the teacher, it will become obvious in the next stage. In the next stage, the student is supposed to inquire and validate the teaching. At this stage, the responsibility is 50% each. During inquiry, the student may find out that the teacher has taught him to the maximum level of his capability and move on to a higher teacher.

If one has to choose the highest teacher, one should check if the ultimate teaching is “YOU ARE THAT”.

This is the ultimate teaching because logically it can be shown any other teaching is inferior to this.

Our goal is to reach a stage wherein there is perfect satisfaction resulting out of non-diminishing happiness, everlasting peace and undisturbed security. Such a joyful living is possible ONLY when there is only ONE and that ONE is I. Else I cannot be secured.

Nevertheless, the teacher who is teaching, “YOU ARE THAT” may not be appealing or effective. This only means that we are not yet ready for this knowledge. One should stick to the chosen teacher (who may be teaching a lower version of truth) until one gain enough wisdom to move on to the next teacher.

Finally, one can reach the ultimate teacher who can teach, “YOU ARE THAT”

Thus, the first obstacle is the non-availability of the single source from where we can get the knowledge from the scriptures and the solution is to keep learning until this obstacle is removed.

**Statement 15:** The second obstacle is the doubt on the practicability of the knowledge gained.

Obstacle 2: Believability of the object of knowledge:

Once it is understood that “I am this ONE” is the central message of all the scriptures, the next stage is to realize the impact of this truth. It is difficult to grasp this ultimate knowledge since it is contradictory to our experience.

We need to believe that we are the real source on which the entire universe rests AND that the universe, which is perceived by our senses, so clearly, does not exist!

It is not easy to believe these two factors.

The first obstacle is not getting the right message and the second one is having received the right message, inability to believe in it.

Example: “He eats 30 loafs of bread in 15 minutes”. When one hears this, the first obstacle is to wonder whether the message is correct. Then one will wonder about the possibility of such a feat. It sounds impossible. The only way to believe the statement is to see him eating!

In the case of the knowledge “I AM THIS ONE”, since it is against our normal belief, we need to reflect on it until one is sure of the meaning. Logic should be applied to show it is quite possible that this message could be true.

One should collect all relevant data about the universe and conduct a cause and effect analysis. The logical conclusion of this will convince our intelligence that it is quite possible for us to be the ONE. Reflecting on the central message until it is no longer unbelievable is the solution for the second obstacle.

**Statement 16:** There are two deficiencies in our mind, which pose the third and final obstacle.

### Obstacle 3: Deficiencies in our mind

There are two major deficiencies.

Deficiency 1: From the time one is born one is under the impression that he is the body/mind complex. When the true knowledge from the scripture is gained, he realizes that he is ONE and not the body/mind complex. This new knowledge is just the opposite of the conventional knowledge. Therefore, the mind is not steady on the new knowledge.

**Statement 17:** The deep Imprints formed in the countless previous births prevent the mind from being steady on the new knowledge.

Deficiency 2: All the sense organs continuously report the presence of the world around. All along, the mind was thinking that the world exists for real. Only after gaining the true knowledge, it has realized that the world is an illusion. Even after this realization, the mind is overwhelmed by the inputs received by the sense organs and habituated to believe them. Therefore, the mind does not get steady on the new knowledge soon.

**Statement 18:** The sense organs keep reporting the existence of the universe and the mind cannot be steady on the new knowledge.

This deficiency is due to the fact the information reported by the sense organs (on the reality of the world) appears to be much stronger than the knowledge gained from the scriptures that the world is unreal.

Thus, these two deficiencies have made the mind strong in the wrong knowledge. It will be difficult for one to move away from this steady wrong knowledge and be firm on the true right knowledge. Even if we gain the true knowledge after learning the scriptures thoroughly and reflecting on the truth in it, we slip from this knowledge.

Example: A person known to us from the time we are born changes his name officially and he wants to be known by the new name by everyone. In spite of being told many times about the change, it takes lots of time and effort NOT to use the old name.

We do know the new name but still due to the years of practice, we refer that person by the old name.

Similarly, we are aware that we should move away from the notion I am the body/ mind and start saying that I have a body/ mind. Nevertheless, we are not steady on this new knowledge. Very often and at a very fast pace the notion that I am the body returns.

Similarly, when we deal with the people/ object/ situations in the life we give the undeserved reality to them. Although we know for sure that the world is an illusion, we continue to get affected by the object/ events/ people of the world. For brief period, we think the world is real but it happens very frequently and the brief period is long enough to make us suffer.

These two deficiencies are to be removed in order to resolve this obstacle. Only after overcoming these two deficiencies, we can hope to reach our destination of Joyful Living.

**Steps to resolve these two deficiencies in the mind**

There are four steps to be completed before the mind is relieved of these deficiencies. These steps are to be performed in the order given. This effort is called 'Inner Transformation'.

Inner Transformation means internalizing the knowledge ("I am this ONE") gained through learning and enquiry.

**Step 1: World is false.**

The second deficiency namely thinking that the world is real is more dangerous than the first one. Therefore, one should check whether the statement that the world is an illusion is fully understood or not. One should not say, "Yes I know the world is an illusion but I need to buy a new car in order to be happy". It should be understood that there is no happiness in the objects/ persons/ events of the world.

This is difficult to understand due to the following fact.

Fact: ONE cannot experience the world. ONE is totally connectionless.

In order to experience, the world one needs body/ mind complex. The happiness, which we seem to get from the name/ fame/ money/ wealth/ power/ position/ status/ relationships/ friendships etc are reflected happiness. The original happiness is the nature of ONE. The sadness or miseries of the world do not belong to the world. When one undergoes a sorrowful event, the mind is clouded with worries/ anxieties/ fear and such negative thoughts that it does not reflect the natural happiness of the ONE.

Thus, it should be clearly understood that the world is not the source of happiness or sorrow. It is not enough just to keep claiming that the world is an illusion.

**Step 2: Reduction of PORT**

Once the above step is completed, one should reduce PORT, which is an acronym for the following four:

**P**ossessions  
**O**bligations and duties  
**R**elationships  
**T**ransactions



It is not that one should renounce everything that one possess and become a forest dweller. Too much of PORT will force one to give reality to the world. If one spends all his time on doing business or working in an office it is impossible to retain the knowledge that the world is an illusion.

Therefore, one should reduce the PORT to the extent that one can handle without compromising on the practice of Inner Transformation. It is advisable to retain only as much as required to meet the food/ clothing/ shelter requirements of the family and nothing more.

In addition to reduction of PORT, one should also reduce the interest in worldly affairs. One should stop reading the newspaper and stop watching the television. Names, places and date keep changing in any news item but the news content never changes. It is the same news keep repeating repeatedly. The ill effect of following the news is it gives reality to the world around.

During the period of Inner Transformation, it is essential that one should contemplate on the fact that the world is an illusion. If there is a break during this contemplation, one should return to the practice as soon as possible. If the break is too long, it may not be possible to continue. One may have to start all over. For this reason, PORT and news input should be minimized.

Reduction of PORT is applicable only during the stage of Inner Transformation. Once the knowledge becomes steady, there is no restriction at all. One can possess the whole world and can retain the knowledge that the world is an illusion.

Example: King Janaka is an enlightened one. He was a successful ruler with perfect awareness that the world is an illusion. Once when Mithila, his capital was on fire he remained perfectly cool and calm while giving instructions to his subordinates. After the event when someone asked him how come he is not affected by the event, he replied "Either the whole world belongs to me (Mithila is one small part) OR nothing belongs to me."

Thus once the knowledge becomes steady life will be joyful. No event/ person/ object in the world will have any effect on our life. In addition, reading the news and even creating news could be done without any attachment.

### **Step 3: Meditation**

It is necessary that one should do meditation for making the mind steady. This can be attempted only after completing Steps 1 and 2.

The nature of mind is to oscillate. It is necessary to train the mind in one pointed concentration in order to overcome both these deficiencies. If the mind is steady and peaceful without being pulled by the worldly objects/ events/ persons then it

will have the capacity to stay in the true knowledge. Such a mind could be easily controlled by the intelligence. The moment the intelligence gains the true knowledge the mind will get steady on it.

Since most of us do not have such a trained mind, it is necessary for us to practice meditation for making it peaceful and steady. One can follow whatever meditation technique one is comfortable. There are no specific set of rules for the purpose of inner transformation. Any meditation will do. However, it is preferable that it is done under an expert guidance.

One such technique is mentioned below:

Vipasana Meditation: One can do this meditation any time / anywhere in any posture. One should observe the breathing in and breathing out. The goal is to stay in the present. Normally people think about either the past or future. They never stay in the present. Vipasana meditation trains one to be in the present. If the mind starts thinking about the past or future one should just label it as thoughts and come back to observing the breath.

Thus, any meditation, which disregards the apparent reality of the world and turns our attention inward, is good enough.

Normally our mind tends to think about the past or future. Both are irrelevant. Since the world itself is an ever-changing illusory phenomenon, there is no point in keeping track of the past or future. However, our mind tends to give reality to them and in addition; it adds its own frills/ imaginations.

If the mind is trained to be still on a particular thought, then it will gain the capability of retaining the knowledge that the world is illusion even while doing the day-to-day transactions.

Example: When a new student starts singing, it is very difficult to keep track of the sruti. However, with practice an expert singer can always keep track of the sruti irrespective of the complicated song that he is singing. As and when he lose track of it, he leans back to the sruti box and picks it up.

Similarly, when the mind is not trained we lose track of the fact that the world is an illusion. However, after sufficient training even while dealing with the worldly affairs one can remember that the world is not real. In case we are about to lose we can lean back to the scripture and become steady on our knowledge.

#### **Step 4: Living in meditation.**

This is the final step in the Inner Transformation stage.

Once the knowledge “I am this ONE” is gained one might find it difficult to do conventional meditation. One should concentrate on the fact “I am this ONE” or “World is an illusion” during the day-to-day living. One is encouraged to talk, hear, read and write on this new knowledge. It is fine to give reality to the world to the extent it helps us to progress in the Inner Transformation.

Example: If the son looks at the father as a friend, it is fine. However, if he sees him as an enemy then it is wrong.

Similarly, if one thinks that his body/mind complex is helping him to find the ultimate knowledge it is fine. However, if he thinks he is the body/mind complex then it is wrong.

This final step is a very interesting process since the mere practice towards perfection is enjoyable.

Example: Eating the food will resolve the problem of hunger. Moreover, the process of eating is enjoyable.

Similarly, our goal is to become steady on our knowledge that the world is an illusion. This final step is to keep reminding the mind everything that goes around is part of that illusion. Suppose someone insults us, we need to remind ourselves that this is an illusion. The person who is insulting us is also the very same ONE. It is a mono act play in which I am insulting myself.

Such recollection will relieve us from the current problem and in addition helps us to progress towards our goal.

While the conventional meditation could be compared to doing exercises in a gym, the final step of living in meditation could be compared to playing an outdoor game. Both have the desired effect of keeping us fit. However, playing a game is more fun than doing a work out. Similarly, while living in meditation we need to deal with each thought and keep telling ourselves “I am the only reality and all the rest is illusion”. Whenever we miss reminding us this, we are caught in the world. More successful we are more soon we will become steady in the knowledge.

It is quite all right to forget the truth (that the world is an illusion) but one must never think that the world is real. Similarly, it is fine to forget that “I am this ONE” but one should never think that one is a body/mind complex.

### **Completion of all the four steps:**

Once all the above four steps are completed, which might take sufficiently long time depending on the seriousness with which one practices, the knowledge gained will become steady.

After this stage, life will go on as before. Nevertheless, those who got the steady knowledge will not get affected by the events/ persons/ objects of the world. Their life will be joyful all the time. However, the ignorant people will continue to be swayed by the pairs of the opposites.

The very same event might bring misery to the ignorant and joy to the wise.

Example: It rains heavily. The ignorant will complain that he is not able to carry out his daily routine. The wise will be happy saying that he got a break from the daily routine.

It does not rain at all. The ignorant will complain that there will be shortage of drinking water. The wise will be happy saying that the roads are not flooded.

It should be noted that the wise person says something for the sake of saying. For him happiness comes naturally and he can find reasons for his happiness very easily and effortlessly.

For the wise, the whole life is a drama so he enjoys whatever happens. However, for the ignorant even the drama is real and makes him suffer.

Example: When a child is enjoying himself in a playground even if he falls down and hurts himself it does not pain. Nevertheless, if the same child gets a minor corporal punishment he suffers a lot.

Similarly, in the game of life, the wise see problems and sufferings as setbacks in the game and do not give them any reality. However, the ignorant person does not know the reality and therefore he suffers.

Thus we have seen the meaning of the first part of the key statement “**If a person knows himself to be this ONE**, desiring what and for whose benefit will he struggle?” which talked about the required practice for joyful living.

Once the practice is completed, the seeker of the Joyful Living would have gained the true knowledge that he is ONE, which supports the illusory world (that includes his body/mind complex). The second part of the statement describes the benefit of this understanding.

**Unit 03      “desiring what”**

**Number of Sessions: 21  
(33 – 53)  
Number of Lessons: 17  
(12 – 28)**

On completion of this unit, the student will be able to

- (a) Understand the nature of objects
- (b) See the varied types of desires

**Notes to the teacher: (Ref 7.137 and 7.193 of the original text)**

Even those students who do not understand the illusory nature of the universe can be logically shown the deficiencies of the objects

**Unit Test:**

**Session G53**

- |   |             |
|---|-------------|
| 1. Define Objects.  | (Lesson 13) |
| 2. How do we classify the objects into three types?               | (Lesson 13) |
| 3. What are the five deficiencies of the object?                  | (Lesson 14) |
| 4. Define Desire  | (Lesson 15) |
| 5. What is the origin of desire?                                  | (Lesson 15) |
| 6. What causes desire?  | (Lesson 15) |
| 7. What is the effect of desire?                                  | (Lesson 16) |
| 8. Discuss the three types of Uncontrollable desires.             |             |
| 9. Distinguish between binding and non-binding desires.           | (Lesson 22) |
| 10. What is the impact of knowledge on the object?                | (Lesson 23) |
| 11. What is the impact of knowledge on the desire?                | (Lesson 23) |
| 12. Desire is the result of not knowing two aspects of the object | (Lesson 23) |
| 13. How wise and ignorant deal with desire?                       | (Lesson 24) |
| 14. How the wise people remain unaffected by desire?              | (Lesson 25) |

In the second part of the key statement the object (the world), subject (enjoyer) and the experience (that results due to the interaction of the subject and the object) are negated as illusion, based on the knowledge gained as described in the first part of the sentence.

The meaning of the words 'desiring what' in the key statement 'If a person knows himself to be this ONE, **desiring what** and for whose benefit will he struggle?' is discussed here for negating the object.

'Desiring what' means there is no object (in the world) to desire (by the wise). The word 'what' refers to any object. (Including name, fame, money and such) The word 'desire' refers to the thought "I want this object".

All human beings will have desires. Desire is the cause of all the problems in the life. Most people do not live joyfully all the time because of their desires. However, wise men could lead a joyful living in spite of their desires. To gain mastery over desire we need to analyze the following:

**Object**

- Definition of the object
- Nature of the object
- Deficiencies in the object

**Desire**

- Definition of desire
- Origin of desire
- Effect of desire
- Cause of desire
- Controllable Desires
- Uncontrollable Desires
  - With the support of the mind
  - Without the support of the mind
  - Neutral Desires

**Binding Desires & Non-binding desires****Knowledge (Gained through the analysis of the first part of the sentence)**

- Impact of knowledge on the object
- Impact of knowledge on the desire
- Role of knowledge in avoiding the desire
- Difference between the wise and the ignorant in dealing with desire
- Wise live joyfully with desires
- Wise are immune to the ill effect of uncontrollable desires
- Wrong expectations by the ignorant

**Joyful Living**

- Suggested practice to live joyfully
- Joyful living

**Definition of the object**

What is observed is an object. It includes everything in the world without any exception. It also includes name, fame, award, reward, power, position, people, wealth, family, friends and all forms of entertainment.

**Statement 19:** Object includes everything in the universe.

**Classification of the object**

There are many objects in the world. We come to know about them by seeing them, hearing about them, watching the television or by reading books/ magazines/ newspaper. In short what we perceive using our five sense organs make up 'our world' that consists of the objects known. We classify all the known objects into three distinct groups. (We do this without our conscious knowledge)

- Objects, which we like
- Objects, which we dislike
- Objects to which we are indifferent

We do these based on the preferences in our mind. Therefore, the grouping is done differently by different people.

Dog can be a pet animal for one. Another may not tolerate the presence of the same dog. The third may be indifferent to it.

There is nothing inherent in the object to make it likeable or otherwise. It has no potential to influence anyone's life in anyway.

All objects (including human beings) are innocent by themselves. However, we make them desirable or intolerable due to our ignorance.

Our perception of the objects is very different from the true nature of the objects. After an in-depth research, we can find that our expectations from the objects of the world do not correlate with the potential or capabilities of the object.

Example: Air-conditioner will make us feel comfortable. It cannot make us happy.

Due to ignorance, we assume an air conditioner will give us peace and happiness. There are many such 'deficiencies' in the objects. In reality, objects do not have any deficiencies. Nevertheless, our wrong expectations make the objects appear to be deficient.

**Statement 20:** Objects are classified as what we like, dislike and neutral.

## Lesson 14: Deficiencies of the objects

Session: G35 – G36

While the objects of the world (Name, fame, etc) seem to bring apparent happiness it comes with absolute sorrow.

**Statement 21:** Happiness that comes from objects is mixed with pain.

It is difficult to earn money. It is even more difficult to safeguard it. There is a constant fear that what is earned might be lost. Losing the money is painful. Even spending the money will bring misery.

Example: One makes a custom-made cot. When the cot is delivered, he could not sleep on it since the cost of the cot was very high.

When one is accustomed to living in comforts, he becomes dependent on the comforts. He will feel miserable if such comforts are denied even for a brief period.

**Statement 22:** Objects that gives us happiness will make us slaves.

From the unknown status, the object becomes known. Due to our internal preferences, it becomes desirable object. It has very high value so long we do not possess it. Once we possess it, the value comes down drastically. Very soon, we are ignorant of its existence.

Example: Can you list down all the things that you possess? Invariably you would have forgotten about many items that were thought to be 'highly desirable' objects.

Thus, the objects in the world do not give lasting benefit. The moment one desire is fulfilled it will give rise to another desire which will appear to be an ultimate object to be possessed. It will also be forgotten in the near future.

**Statement 23:** Objects do not give lasting satisfaction

The objects in the world are continuously changing. All the cells in our bodies are regularly replaced with new. The world could be compared to the flame on a lamp. Although we refer to the flame as one object, it is continuously being renewed. The whole universe is exactly like that.

Example: The guest politely requests the host to reduce the quantity of the coffee that was offered to her in a big cup. The host responds, "Never mind. As you drink, it will get reduced".

**Statement 24:** The objects keep changing all the time.



Similarly, the objects in the world keep changing as we observe them. Nevertheless, we do not notice the change and assume that everything around us is changeless and permanent. They seem to bring us happiness when we see them, use them and possess them. This creates a dependence on the external objects. It started with our requirements of survival. Although we are surviving, we still have many objects to be acquired for 'survival'.

The basic requirement for money (and possessions) to meet the food/ clothing/ shelter is very less. Everyone tries to earn and spend more than what is necessary. It is perfectly all right to earn more so long as one has the true knowledge about the limitation of material wealth. People work very hard for five to six days a week and they are under the impression that they need to unwind during the weekend by spending lavishly. This brings in misery.

Example: If one eats more than the requirement, he becomes unhealthy and ends up spending more money to regain health.

Similarly doing anything in excess will have associated negative aspects.

Finally, the most important deficiency of the material wealth is it never gives complete satisfaction. Man will always feel inadequate with respect to his name, fame, wealth, power, position, status etc. More one earns, the desire to earn more will grow.

**Statement 25:** Objects do not give complete satisfaction

Thus, happiness that we seem to derive from the objects arrives when the object comes into our life. It starts diminishing soon after arrival. It lasts for a while and then it departs. Soon the pleasure will turn into pain by making us a slave to the object and force us to suffer to safeguard the object. Man wants everlasting happiness. What arrives at a particular point in time cannot be everlasting. What comes will go. There is no inherent happiness in the objects. Until the search for everlasting happiness is fulfilled man will not rest.

**Definition of desire:**

Since objects are innocent, whatever be the objects one does not have access to, should not be causing any desire. Ideally, everyone should be able to enjoy the life using the various objects available to him. However, due to ignorance, most people think of a specific object, which they do not yet possess and say, "I want this object". This is desire.

The objects in the world are converted by the ignorant as desirable objects. As a result, they expect to possess more objects that are desirable, avoid objects which they hate. The focus is on the external environment to make it favorable. However, it is necessary one should focus internally and not externally to solve this issue,

It is not possible to change the world. However, it is quite possible to change one's attitude towards the world. Here lies the key to joyful living.

**Statement 26:** Desire is a thought of an object with an add on "I want"

**Origin of desire:**

It is wrongly assumed that the origin of desire is external. It is not so. Objects in the world are incidental to the desire of the mind. Our own mind is the only origin for desire. Role of objects in creation of desire is very limited.

The objects to which we are indifferent and the unknown objects do not have any impact on our life. However, they are continuously competing to enter our life.

Example: When we go for window-shopping, we get to know of many objects that are previously unknown. We might start liking those objects to which we were indifferent earlier.

Advertisements are focused on making our world larger by converting the unknown/ indifferent objects into desirable objects.

Thus, our world is continuously growing with more and more objects that we desire. The origin of the desire is not inherent in the object.

The object does not force anyone to desire it. Due to Delusion, most people assume that once their desire is fulfilled they will live happily ever after.

Example: A person gets a job in a foreign country, which is not very conducive for living. He decides to take up a job since the compensation is very good. He plans to leave his family behind and go through the hardships of the new place alone. The reason for such a decision is instead of not getting enough money in the current job, one can earn substantial money albeit with some additional difficulty. When he comes back after five years, they can live happily ever after.

This will never happen. After five years situation would not be very different from what it is now. Money will be as insufficient as it is now. The ever-lasting happiness would have moved away to another couple of years, like a mirage.

Thus, our ignorance converts the object as a desirable object.

**Statement 27:** Our mind is the origin of desire

**Cause of the desire.**

The only cause of our desire is our preferences. Our preferences are imprints in our mind made by our past actions.

All our desires stem from our preferences.

Desire is a thought. When we see an object, we form a thought about the object. We group them as a 'desirable object', 'undesirable object' or 'neutral object'. This grouping is done based on our preferences. Those thoughts, which are grouped as 'desirable object', are converted as desire by our ego due to ignorance. The expression "There is an object" is converted by the ego as "I want this object", which is called desire.

**Statement 28:** The cause of the desire is our preferences.

Desire is the main motive power of all our actions. Firstly, the desire itself is a thought. It multiplies and grows into many more thoughts depending on the intensity of the desire. Then we are talking about our objects of desire more. This process makes our desire stronger. Finally, all our actions are focused to fulfill our desires.

The process of being caught in the cycle of desire – action – desire enslaves humanity and prevents them from reaching their own goal of joyful living.

For example, we like comfort and dislike poverty. Therefore, we get involved in continuous action to earn more money.

Whether we gain the object of desire or not we end up in misery.

Example: A man wants to change his car since it has become very old. Until this is done, he works hard with anxiety and stress. He feels jealous about his junior in the workplace who managed to buy a new car. He is constantly worried whether he will be able to buy a new car.

If someone or something (price rise for example) comes between him and his goal, he becomes angry and gets irritated.

If it cannot be done, he ends up with frustration and low self-esteem.

If the new car is bought, the happiness does not last for long because now he has a new desire, to buy a house. Thus, the whole cycle starts again.

Thus the desire whether fulfilled or not results in misery. One never gets complete fulfillment on obtaining any object. There is always a feeling of inadequacy.

We need to understand the objects in the world do not have any capability of giving us any happiness. In the absence of the knowledge, we continuously develop desires for the objects resulting in world dependent life.

Thus, the effect of desire is to make the life miserable.

Miserable life means any life in which the possibility of getting negative emotions (Anger, jealousy, hatred and such), is very high. Most people are helplessly dependent on the objects of the world for their happiness and sanity. As opposed to the miserable life, Joyful living means that there will only be positive emotions (Love, affection, kindness and such) without any possibility of ever having negative emotions.

**Statement 29:** Desire prevents us to live joyfully.

**Controllable Desire:**

Desires can be controlled in many ways. Most of the conventional ways like trying to avoid thoughts relating to unwanted objects or keep repeating to ourselves that “We do not want it” etc are mostly effective.

Using our will power and intelligence, we can effectively control the desire.

Example: One person is a habitual smoker. If he sees the cigarette, he will have desire to smoke. Therefore, he avoids going to those places where people smoke. By always being in the company of non-smokers, he could greatly reduce the desire to smoke.

Thus, it is possible to control such desires.

**Uncontrollable desire**

There are some desires that cannot be controlled at all. They arise out of our stronger imprints. If we had spent sufficiently long time in pursuing a desire, we would have developed a very strong preference in our mind. This will create a desire that cannot be controlled.

To continue the previous example: If the person is already addicted to cigarette, even if he remains in the company of non-smokers he will have the urge to smoke.

Example: A diabetic person may violate his doctor's advice and drink coffee with sugar. While drinking the coffee he may even say, “My doctor has told me not to drink this”. Even if people around him suggest that he should not take it, he will not heed to their requests.

It is very important that we need to distinguish between the controllable and uncontrollable desires since all such desires cause misery. If we do not know the distinction, we might classify a controllable desire as uncontrollable and make stronger imprints. This will convert the controllable desire as uncontrollable desire.

One should his level best to control the bad/ wrong desires. If at the end if the desire still survives, it will bring in misery. As a consolation, one can say that the desire was not controlled because it was impossible.

There are three types of uncontrollable desire.

- Desire with the support of mind
- Desire without the support of the mind
- Neutral Desires

Our past preferences, which are very strong, determine the number and intensity of our desires by influencing our intelligence, mind and others. Such desires are uncontrollable and it is impossible for us not to act according to such desires.

Normally desire comes when the sense organs report the existence of an object. However, there are some desires, which will push us towards the object of desire without our knowledge. Our past desires are so strong that they have made deep imprints in the mind resulting in such uncontrollable desires.

People tend to like something without any obvious/ apparent reasons. Even without seeing an object, without any external influence, in spite of advices against acquiring the object one might develop a strong desire to possess the object. Such desires are called uncontrollable desires and cannot be nipped in the bud.

The reason for creation of such desire is to continue and complete our past action so that the desired results could come.

Example: One is at the end of completing certain job. Normally he may not leave the job without completing the job. If for some reason there is a distraction, at the very first opportunity he will get back to the job, continue the work and complete the job.

This applies to all sorts/ types of action. Whether one is playing cards or involved in writing a report the rule is same. If there is a break in the initial period of action, the action may not continue. It is possible to curtail or stop an undesirable activity in the initial stages. However if enough progress is made and the task is about to get completed it is near to impossible to leave it unfinished.

If a child is building a castle on the beach and it was time to leave, the castle building will be abandoned if it is in the initial stages of construction. If the work is nearing completion, the child will not leave until it is completed.

Similarly, our past actions (including those done in the previous births) would have been nearer to the stage of completion when we died last time. Therefore, these actions are completed through our actions in our current birth.

## Lesson 19: Uncontrollable Desires (With the support of the mind)

Session: G42

The unfulfilled past actions seek to be completed with the support of our mind as a fresh desire. When we get the very first opportunity to continue the unfinished work we will develop a deep desire to start, continue and complete the work now.

Such desires cannot be removed without considerable hardship/ mental torture. Even if it is stopped, it will be a temporary block. On the very first occasion in this birth or in the next, the person will develop deep desire to do the work.

Thus, these desires arise for yielding the desired results. Since the past actions are not enough to yield the result, the preferences create such desires and force the person to complete the remaining part of the actions.

This applies to both good and bad results.

Example: Ravana's desire forced him to bring Sita to his kingdom. Although he was very intelligent and highly capable, he was forced into such an act. If he had not done this act he would not have been killed by Rama. Thus for giving him the punishment, he was forced into the bad action by this desire.

Example: Adi Shankara took to sanyasa at a very young age. It was not possible for anyone including his beloved mother to convince him otherwise. He had a deep desire to renounce the world, which could not be stopped.

Such desires are so deep rooted in the mind that it is not possible to convince the person otherwise. His intelligence would find out some excuse or other to justify the desire.

Examples:

It is common sense to predict the effect of having illicit relationship with a powerful man's wife. However, the desire will function through the intelligence and justify such action.

A thief is aware of the nature of his profession, associated sin, risk and the effect of stealing. However, it is not possible to overcome his desire to steal. (A thief will not like his son to become a thief. This shows that he is aware that it is wrong to be a thief. He will evolve many theories and reasons to justify his desire.)

Such persons want their desire fulfilled at any cost since their past actions are driving them towards the predestined goal.

Their intelligence is fully convinced that their desire is a just/ correct desire.

Their mind is also fully in support of their desire. They love to do the action that is originated from such uncontrollable desire.

Objects in the world do not have inherent power to create desire in anyone's mind. They are just there. They are innocent.

Example: Well-decorated Potato curry on the buffet table is innocent. It does not force entry into anyone's stomach.

The sole responsibility of desiring rests on human beings. In the past if they often had potato curry and developed a taste for it, they will have more desire than those who hardly eat potato curry.

Thus, the responsibility of desiring shifts from human beings to their preset preferences.

When the sense organs report the environment, spontaneously the desire arise (based on the preset preference) without the intentional involvement of the intelligence.

Human beings do not have any control to stop getting such desires. Desires will come involuntarily for both the ignorant and wise depending on the past preferences.



## **Lesson 20: Uncontrollable Desires (Without the support of the mind)**

**Session: G43**

Some of the uncontrollable desires will force us to do things, which we really do not want to do. However, we have no choice. The past actions were nearer to the stage of completion and we will have to take the task to its logical conclusion.

Even our own mind may be convinced against the desire. Nevertheless, we will be forced to entertain such desire. Such is the power of these uncontrollable desires.

Example: Siddhartha's desire to leave the kingdom is an example of uncontrollable desire operating without the support of his mind. His wife, newborn baby, the king and the kingdom could not convince him to stay back in the palace. His love for his family lost the battle to the desire, which took him to the forest.

Such uncontrollable desires are so powerful our own will power cannot overcome them. If it is a bad desire, even if we want to correct ourselves, it will not be possible. If it is a good desire, even if there were many hurdles/ obstacles including our own will power, we will find a way to fulfill such desire.

Example: Bhishma's desire to win the mahabaratha war is without the support of his mind. Although his heart is with pandavas he had to fight for Kauravas.

There will be generally no way out to abandon such desire. Actually, it cannot even be called as a desire since we do not desire it. However, our actions are prompted by such desires and therefore, we need to call it as desire.

Example: A pure vegetarian is forced to eat non-vegetarian food in a foreign country where nothing else is available. He does not have any desire to eat meat but he ends up eating due to the compelling circumstances.

There is another dimension to such desires. May be at present we do not like to do certain actions but if it is our basic nature, we cannot avoid it.

Example: Arjuna's basic nature is to be a warrior. However, on the battlefield he has developed a desire to abandon the war and renounce the world. Such desires are temporary. He must disregard his desire and stick to his nature, which is to fight. Even if he abandons the battle and walk away, he will not be satisfied for long outside. He will soon return to the battlefield since it is his basic nature to fight.

In such situations, it is wise to go against our own wish and act in line with the uncontrollable desires.

In general, no one likes to commit a sin. However, many do commit sins. This happens due to the uncontrollable desire. The intelligence is very clear that a particular action is wrong. Nevertheless, the mind feels just the opposite. As a result, there is an internal struggle between the intelligence and the mind. If one has not trained the mind adequately, the mind revolts and most of the time mind wins over intelligence. Thus, sins are committed without any desire to do so.

This can be verified in our day-to-day experience. Our intelligence is convinced that it is good to get up from bed at 5 am. However, when we wake up, our mind struggles against the earlier decision and forces us to go back to sleep. This happens only when the mind is not trained to obey the commands of the intelligence.

**Lesson 21: Neutral Uncontrollable Desires  
(Originated for the sake of others)**

**Session: G44**

Some of our actions are not prompted by our own desire. We are neutral about the action. Neither we want to do nor that do we have anything against doing. Normally such thoughts do not precipitate into action. All actions are prompted by strong desire. In the case of neutral desires, we act for the sake of others.

Generally, someone known to us, want something to be done and we do it for his sake. The cause of such desire is our love, affection, kindness towards others.

Example: A host cooks a feast for the guests. The host also eats the same food although his normal diet is a simple one.

While performing the actions prompted by neutral desires, one may undergo suffering or pleasure. If he is a wise person, he will be indifferent to such result. However, an ignorant person will convert the neutral desire into 'wanted desire' if the process is pleasure or 'unwanted desire' if the process is painful.

All the desires of the ignorant are binding desires. Each desire will direct the thought, words and actions of the ignorant towards fulfillment of the desire. This will make stronger imprints on the mind, which will stimulate further desires. The mere process of fulfilling a desire will lead to more desires and the man will be bound to eternal action in search of worldly objects.

All the desires of the wise are non-bonding desires. There is no selfish motive in the desires of the wise for they do not need anything from the world. They are quite happy with what comes in their way. Even those desires that are directed towards the welfare of others are not egoistic in nature. The wise do not have the feeling 'I am the doer' when they perform action (thoughts, words and action). As a result, there will not be any imprints created in the mind.

Binding desires are those that will cause anger and frustration if not fulfilled.

Non-binding desires, if not fulfilled, may not even cause disappointment.

Binding desires are born out of ignorance of the true nature of self.

Non-binding desires are born out of the results of our past action.

Binding desires are selfish in nature. The EGO assumes the doer ship and involves in action to fulfill the desire for the sake of the self (body/mind complex) and family.

Non-binding desires are generally neutral desires prompted by the welfare of others. There is no EGO, which assumes the doer ship. The person performs the action without any attachment.

**Impact of knowledge on the object**

A wise person knows that he is the only reality and everything else in the world is illusion. Therefore, the object does not exist in absolute terms.

**Statement 30:** For a wise person the object does not exist as absolute reality.

**Impact of knowledge on the desire**

A wise person knows himself to be the pure, eternal, complete. He does not need anything from the world to make him fulfilled. Therefore, in general the desire for the objects of the world does not exist for a wise man.

Even if a person does not have this absolute knowledge, experience will teach him the deficiencies of the object. With such knowledge, one person can be free from desires. He may continue to assume that the objects are real. However, he will have dispassion due to the limitations of the objects. Such a person is fully qualified to seek the absolute knowledge since the world no longer distracts him.

**Role of knowledge in avoidance of desire:**

It is impossible to get over the desire by enjoying the objects of the world.

Example: It is not possible to put off the fire by pouring ghee.

Similarly, if someone desires to earn more money, such desire can never be fulfilled by earning 'enough' money. More money he earns, the desire will become stronger. In the same way, one who is accustomed to enjoy the sense pleasures will never reach a stage when he feels that he had enough. Even if one is fed with good food and allowed to eat as much as he wants, he will complain that he is not able to eat anymore and he may not get similar food for the next meal. There will be no end to their desire.

**Statement 31:** A desire for an object will never leave us even if we continue to see, possess and enjoy the object in unlimited quantity for any length of time.

A time will come when we become old and no longer be in a position to enjoy the sense pleasures. Even if one had a lifetime of enjoyment, when this inability arises he will feel disappointed that he is not able to enjoy as before.

**Statement 32:** The desire for objects will leave us only when we understand the deficiencies of the objects and not by enjoying.

If one has absolute knowledge about the true nature of the objects, he will not desire them.

Example: In a magic show, the magician creates a beautiful city on the sky. We will appreciate the beauty of the city and skill of the magician. However, we will not develop a desire to own a house in the sky city for we know it is an illusion.

Similarly, if we know it is a mirage we will not run towards it to quench the thirst. Infact the opposite is true. Whatever desire we had prior to getting knowledge will go after gaining the knowledge. While the ignorant people want to be attached to more and more objects, the wise people would like to give away everything.

Example: After getting hold of a bag full of cash, if one finds out them to be fake he would like to get rid of them as soon as possible and not feel happy possessing the bag any longer.

The ignorant people attach lots of value to the objects. However, the fact as described earlier, points out that the objects in fact enslave a person. If this fact is understood, one will want to renounce everything rather than desiring anything.

To continue the previous example: If that person gets an opportunity to dispose the fake money, he will be very happy to do so.

Similarly, a wise person will be happy to give away the possessions if there is an opportunity comes to him. In addition, he will not have any more desire. As a result, the wise one does not suffer in life.

Example: So long the oil is available the thread in the oil lamp will burn.

Similarly, so long there is desire in the mind the living being will suffer. Since the one who knows that he is the only reality, there is nothing for him to desire in the illusory world and consequently he is freed from the problems of the world.

One who carefully reviews the process of earning/ enjoying the worldly possessions will learn the deficiencies of the objects. Such a person will not develop a desire even if there is an opportunity for him to get the object.

Example: When hungry person is served with lots of food. Before he starts eating he is informed that there is poison in the food. Obviously, he will not eat the food even if it is very tempting.

This being the case, why do we have to talk about the person who has just had a feast? He will have no temptation to eat the poisoned food.

Similarly, even those who understand the deficiencies of the worldly possessions will not desire them. This being the case, why do we have to talk about the wise people who know that the world is an illusion. They will have absolutely no desire.

**Statement 33:** After understanding the deficiencies of the objects, one can enjoy them without developing any desire or attachment.

However even the wise will continue to enjoy the worldly possessions. The only difference between the wise and the ignorant is that they will not have any desire or attachment to the objects of the world.

They will not run (or even walk) after the objects of the world. Nevertheless, if they come in their way they will enjoy them. This gives them lots of freedom to them. They do not fear losing the objects. They do not have to work for earning them. They will not miss them if they are not available. Even difficulties will be endured with total indifference.

Example: If one of the palanquin bearers of the king falls sick on the way, any passerby will be asked to replace him. The passerby may not get any remuneration for his 'voluntary' service. He does the work without cribbing.

Thus, both the pleasure and pain that come across in the life of a wise will be endured with total indifference.

However even though one is aware of the true nature of the world, he needs to deal with the situation appropriately. For this purpose, it is not enough to know that all the objects in the world are illusory. In addition, one should know the true nature of the illusory objects and their deficiency.

**Statement 34:** Desire results in from a combination of not knowing the true nature of all objects in the world and their deficiencies.

## Lesson 24: Difference between ignorant and wise in dealing with desire

Session: G48

The ignorant will get apparent happiness when they get to possess their object of desire. The wise get real happiness by not desiring that object. This is so because they are aware that they are no longer slaves to the worldly possessions.

**Statement 35:** The ignorant get happiness by possession of their object of desire and the wise will get happiness by not desiring the object.

Example: The wise does window-shopping and feels happy that there are so many objects in the world that he does not need.

While no amount of worldly possessions can satisfy the desire of an ignorant, the wise people will derive lots of happiness from whatever little is available. This is because the wise people are aware of the miseries of the bondage.

**Statement 36:** The ignorant will never be satisfied with whatever they have and the wise will be happy with whatever little they have.

Example: After a war between two big kingdoms, the winner arrests the loser and kept him in the jail for a long period. Then one day he released him from the prison and gave him a small village to rule.

The king who once ruled a big country will be more than willing to rule a small village. Even mere freedom would have been enough to make him happy since he knows the sufferings in the prison. Now that he has a village to rule, he will be very happy.

If he had won the war, in the first place his kingdom would have been doubled. Even then, he would not have been as happy as he is now with the small village.

The difference in the attitude came only because of his bondage. If he has not suffered the bondage for a long time, he would not have learnt the pleasure of being free.

Similarly, the wise men are aware of the miseries of the bondage unlike the ignorant. As a result, the ignorant will not be happy even if they had much more possessions than those who have understood the importance of the freedom. The wise are happier with less and the ignorant are less happy with more.



**Statement 37:** The wise people are free. The ignorant are slaves to the worldly objects.

The pity is that they are not aware of their bondage.

Example: Before fighting for the freedom, the uneducated people in India were to be taught that they are living in a British colony. Only after understanding the evils of the bondage, they could join the fight for the freedom.

Similarly, the ignorant are to be taught the evils of the bondage caused by their desire so that they could attempt to gain the knowledge and become free.

**Statement 38:** Unlike the wise, the ignorant give powers to the objects to control their life.

The wise perceive the world correctly in their true perspective of illusion. However, the ignorant give the objects of the world the power to control their life.

Example: A servant who is caught stealing by the master pleads for forgiveness. The master forgives him and retains him in the job. In future, the servant might steal from others but never from his master since the master knows his real nature. He will have the gratitude to the master for not terminating him and in spite of knowing his real nature.

Similarly, the objects of the world are caught red handed by the wise. Therefore, there is no threat from them to the wise anymore. No amount of indulgence in the worldly objects will make the wise to be enslaved by them.

**Statement 39:** Even if the wise indulge in an object, he will not develop desire for it since he is aware of its real nature.

In general, once we get knowledge, the desire will go away. The desire might go away even without gaining the true knowledge. It is enough that one sees the deficiencies in the objects to become free of desire. However if one stop desiring the worldly possessions without getting the true knowledge, he might be ending up in a vacuum. The life will be very frustrating for him since one hand there is nothing to expect from any objects in the world and on the other hand, there is nothing for him to live joyfully. It should be remembered that it is essential to know 'I am this ONE' in order to live joyfully. In the absence of this knowledge, most people run after worldly pleasures for living happily. If one stops desiring worldly objects, he should cultivate the desire to find the essence of the scriptures. He should spend all his time in reading/ listening/ understanding the scriptures with a deep desire to gain the ultimate knowledge.

Desire causes misery. Nevertheless, the wise people also have desires, which do not cause any misery for them.

Example: The essential quality of a seed is to germinate into a new plant. If the seed is roasted, it will lose the essential quality of a seed. It may continue to look like a seed and we may refer it by the word 'seed', but it is not a 'seed' any more. Fire has brought about this change in the seed.

Similarly, the essential quality of the desire is to cause misery. The knowledge about the illusory nature of the objects, destroy this essential quality. Therefore, the desire does not cause misery to the wise.

The wise people will continue to entertain desire since it cannot be totally avoided. However, such desires are harmless. Moreover, they benefit the society. Many good actions result from the wise due to such desires.

Example: Roasted seed is useful as food.

The wise do not have any desire prompted by the sense organs. All their desires are neutral desires that originate from the request of others. If such desires are not fulfilled it brings disappointment in others but does not affect the wise in any way.

If we have any such desire that does not develop into anger, disappointment or frustration etc, it can be encouraged.

Example: A man plays a game with a child. He is not affected in any way in winning or losing the game with the child.

However, if the same game is played with another man, one starts giving reality to the game.

We need to test our desires in the light of the above.

**Statement 40:** The desires of the wise are the will of the God.

## **Lesson 26: Wise are immune to the effect of uncontrollable desires**

**Session: G50**

It may appear that all our miseries are due to the desires, which are uncontrollable. If this is true then it will not be possible for any human being to live joyfully.

It is true that the desires cause misery. However, the uncontrollable desires do not translate into miseries directly. They just determine the environment. Converting the environment into joy or misery is in our hand.

Example: Prince Rama was asked to go to the forest. Rama obeyed his father's wish. It has become an uncontrollable desire in him. Subsequent requests from others could not restrain Rama from abandoning the kingdom and going to forest. His uncontrollable desire has brought about an uncomfortable forest environment to Rama and his wife. However, Rama was very happy to go to the forest.

Thus, misery does not descend directly from the uncontrollable desire. It is how we view the effect of the uncontrollable desire. Our response to the environment, which depends on our knowledge and maturity, determines whether we suffer or not.

Example: One person shouts at another, "You are a dog". This is obviously not true. However, it is the option of the listener to take it as true or false. If he takes the statement as false, he will not get angry. Otherwise, he will respond by saying, "You are a donkey".

We have absolutely no control over the actions of the other. In addition, we do not have control over our own actions, which are prompted by our uncontrollable desires. As a result of such actions we will end up in an experience, which may or may not be to our liking. Our way of responding to such experience determines whether we suffer or enjoy the world.

### **Wrong expectations of the ignorant:**

Normally the ignorant people suffer (from the effect of uncontrollable desires) due to wrong expectations on their part. The true nature of the world is illusion and it is ever changing. However, they expect it to be stable all the time.

Example: The beauty of a youth is temporary in nature. Nevertheless, people expect it to last forever. As a result, they suffer when they observe that the beauty is vanishing.

If the true nature is understood, there will not be any such wrong expectation. Consequently, there will not be any misery. There are many such wrong expectations and some of them are listed below:

Wrong expectations:

When we are happy, we want that happiness to last forever  
When good fortune smiles at us, we want more of the same.  
We do not want any obstacle to our happiness.  
We want all our sense organs to work perfectly until we die.

The truth is everyone's life will give experiences that oscillate between the pairs of opposites. The frequency and duration of such oscillation depends on our past actions.

Pairs of opposites:

Love Vs Hate

Fame Vs Blame

Pleasure Vs Pain

Victory Vs defeat

Prosperity Vs Poverty

Gain Vs Loss

Honor Vs dishonor

Health and Ill-health

Without having this knowledge, we expect that all our experiences are favorable all the time. This results in misery.

Moreover, we have a wrong notion that we are inadequate and we feel complete or fulfilled only when the experiences are favorable to us. Our real nature is Ever Witnessing Joy and we are the only reality that lends happiness to our objects of desire. All the objects are illusions that depend on us for existence. Without this knowledge, the ignorant expect the objects to give them happiness and fulfillment.

In summary,

All our experiences are the result of our past actions.

If we are to depend on the experiences for our happiness, we will be oscillating between happiness and sorrow helplessly.

The solution is to accept all the experience without any resistance. We should know whatever experience come in our way is specifically designed by us through our own past actions.

If we have the true knowledge then we will not depend on the worldly objects/ experience for our happiness. We will live a joyful living irrespective of the nature of our experiences.

Our life is just like a dream.

During the dream, we experience joy or sorrow depending on the dream objects, which really do not exist. Even in real life, we experience joy or sorrow depending on the objects of the world, which really do not exist.

In the dream, the objects keep changing. Even in real life, the objects keep changing. In both dream and in real life, objects are not permanent.

We do not always know why we went through a specific dream experience. It is true for our experience in real life. We will not be able to find the ultimate cause for any effect.

We have no control over the experience of the dream. It is true with the real life too.

We do not remember the dream for long. This is true with the real life too. We have no clue what we were doing at this time ten years back.

Dream experience is not permanent. It does not leave a mark on our real life. It is true for the real life too. Experiences in the real life do not leave a mark on our real self.

We need to understand these similarities and meditate up on them,  
Frequently (atleast five times a day)  
Continuously (atleast for two minutes every time)  
For a long period of time (Till we get liberation)

This will make our knowledge steady and ensure joyful life for us.

We need to have correct perception in order to live joyfully.

Example: While walking we may trip on a stone and fall down. The fault does not lie on the stone. It is our responsibility to assess the path correctly and walk without falling.

Similarly, the objects of the world do not cause any misery. We need to assess the truth correctly and hence suffer. Once we know that the world is an illusion, it will be a source of entertainment.

Example: A movie is a good source of entertainment. The movie is a mixture of joy-sorrow, songs-fight, love-separation etc. Nevertheless, we enjoy the full movie.

Similarly, when we correctly perceive the world to be a source of entertainment, the life will continue to oscillate between prosperity and poverty, fame and blame, love/hate etc. Nevertheless, we will have joyful life just like watching a good movie.

In a movie, we are a passive observer. We do not have any control over the events in the movie. Even in real life, we do not have any control over the experiences that we go through. We are under the wrong assumption that our current action alone determines our experiences. The apparent cause and effect between our actions and the experiences that we go through is a myth. Since we think that, we have some control over our immediate future we get frustrated and stray into negative feelings when events do not happen in the way we expect them to happen in spite of our best efforts.

If we are to accept all our experiences as they come and keep performing our duties without getting affected by our experiences we can move towards gaining the absolute knowledge. When we gain the absolute knowledge, our experiences will no longer affect our joyful living.

Example: Light will show the presence or absence of objects. Light cannot create or destroy objects.

Similarly, knowledge cannot create or destroy the experiences. Partial knowledge will not illumine the experiences in their true nature. As a result, we will be affected by our experiences and oscillate between joy and sorrow. Complete knowledge will illumine the experiences in their right perspective resulting in Joyful Living.

Thus, the world will not change. We will continue to get good and bad experiences due to our past actions. Nevertheless, the wise will have a joyful life.

**Unit 04      “for whose benefit”**

**Number of Sessions: 7  
(54 – 60)  
Number of Lessons: 6  
(29 – 34)**

On completion of this unit, the student will be able to

- (a) Perceive the need for self-enquiry
- (b) Understand the method of conducting the enquiry.

**Notes to the teacher: (Ref 7.192 and 7.222 of the original text)**

The concept of experiencer and the experience relating to ONE and Illusion should be explained. The experiencer is ONE and the experiencing medium is the body/mind complex. ONE using its power of illusion has manifested into this universe. In the universe, there are seemingly different objects but the consciousness, which is aware of the universe, is only one.

**Unit Test:**

**Session G60**

- |   |           |
|---|-----------|
| 1. Who is the enjoyer?  | Lesson 30 |
| 2. Why the world will be full of fun after gaining knowledge? | Lesson 31 |
| 3. Why should we enquire about the enjoyer?                   | Lesson 32 |
| 4. What are the four qualifications prescribed?               | Lesson 33 |
| 5. What is the result of the enquiry?                         | Lesson 34 |

In the second part of the sentence the object (the world), subject (enjoyer) and the experience (that results due to the interaction of the subject and the object) are negated as illusion, based on the knowledge gained as described in the first part of the sentence.

The meaning of the words 'for whose benefit' in the key statement 'If a person knows himself to be this ONE, desiring what and **for whose benefit** will he struggle?' is discussed here for negating the subject (enjoyer).

It is already shown that there is no object to desire because the whole world is an illusion. Similarly, in this section we will see that there is no enjoyer (subject) because he does not have any relationship with anything in the world.

**Statement 41:** The words "for whose benefit" signify that there is no enjoyer.

What is there cannot be told that it is not there. What is not there need not be told that it is not there. By stating, that there is no enjoyer it is very clearly specified that there appears to be an enjoyer existing but in reality, he does not exist.

Every experience involves an object of experience and the experiencer.

Example: Ram eats the cake.

Here the object of experience is cake. Ram is subject (experiencer or enjoyer) who enjoys the cake. In this example, the cake is an inert object and the subject is a conscious principle. It is essential that the subject have to be a conscious principle.

Example: Rope is tied to the pole.

Here there is no experience. Since both the rope and the pole are inert objects, there is no possibility of any experience. It is not possible that both the subject and the object are conscious principle in **one** experience.

Example: Ram kisses Sita.

Here there are two different experiences and not just one. For each experience, there is a subject and an object. The subject is called an 'enjoyer' for the purpose of discussion for that particular experience. It does not matter, whether the object of experience is inert or not.

The enjoyer has to be a conscious principle and cannot be an inert object. Since the body/mind complex is inert, it cannot be the subject. Therefore, the subject could be ONE or the EGO or a combination of both the EGO and ONE.



Is the enjoyer ONE or EGO or a combination of ONE and EGO?

ONE, who is not related to anything in the creation, cannot be the enjoyer. In order for someone to be called as an enjoyer, one has to have some relationship with the object of enjoyment.

Example: Music can be enjoyed only by those listen to it. Food can be enjoyed only by those who eat it.

The following three facts are involved in any experience.

The conscious principle (the enjoyer)  
Object of enjoyment  
Experience of enjoyment

There has to be a change in the enjoyer during the experience of pleasure or pain. Since ONE is changeless, it cannot be the enjoyer.

It is seen that in order to be an enjoyer, one has to be a conscious principle and at the same time, it should be changing in nature. Our EGO then is a perfect candidate for being an enjoyer. However, there is a major issue in this regard.

EGO does not exist independently. EGO is a reflection of ONE in our mind.

Example: A light is reflected in a mirror. The reflection can illumine the objects around. However, it is not possible for the reflected light to exist without the original source.

Similarly, we cannot say EGO is the enjoyer since it does not have the capability to exist without the support of the ONE.

Therefore, we need to assume that the enjoyer is the combination of EGO and ONE. We can safely state the EGO, which is substantiated by ONE, is the enjoyer.

Presence of an enjoyer is acknowledged by all. Through the above discussion, it is now established that the enjoyer is the EGO supported by ONE.

**Statement 42:** The combination of EGO and ONE is the enjoyer.

Which is the most important component of the experience? Subject or Object?

Everyone is well aware that the subject is more important than the object. However, due to Delusion and thoughtlessness one is under the wrong impression that the object is more important than the subject is.

Example: Sita sees a beautiful frock in a shop. Just by seeing the frock, she experiences happiness. Then she takes the frock and wears it in the trial room. Now she is happier. The next step is to convince her father to buy the frock for her. When she manages to buy the frock, she becomes the happiest person in the world.

In this example, Sita is the subject and the frock is the object. The object seems to be more important than the subject is. Sita becomes happy, happier and happiest when she sees, wears and possesses the frock.

Before her father agrees to buy the frock, if someone asks her to name, the most important object in the world, she without any hesitation, will say, 'the frock'.

The fact remains that she likes herself more. Nevertheless, she is under the impression that she likes the frock more. In fact her liking for the frock depends on her liking for herself. If someone sees her in the new frock and says that she looks horrible in the new frock, she will never wear the frock again.

The very same frock will be the most hated object within seconds.

Thus, no one likes any object for the sake of the object. Their liking is highly selfish. The liking one has for oneself is far greater than the liking for any other object.

May be in the case of an inert object like frock this is more easily understood. However if the object is not inert, it will be difficult to see the truth.

Example: Ram and Sita love each other.

It is almost impossible to convince any of them that they do not love the other person at all. The truth is no one can love anyone else. Each one in reality loves only the self but superimpose the love for the self on the other person.

Example: Ram loves Sita. He calls her on her landline phone. Sita's sister picks up the phone and Ram says, 'I love you'.

Everyone knows that Ram does not love Sita's sister. However, no one (including Ram) knows that he does not love Sita either. His love is only for himself.

I love you and I live for your sake.  
I love my country. I will die for my country.

Such statements cannot be true. However, due to ignorance many people say these statements thinking that they are saying the truth.

The love for self is superimposed on others (including persons/ objects) and there is no genuine love for others. This can be easily proved by the P/A Logic (Presence/ Absence logic).

For example, if Sita says that she has switched her love to Ravana. For a while, Ram might be upset. Nevertheless, he recovers and starts loving Gita, again superimposing his love for the self on Gita.

The only purpose of such love is to derive happiness for self.

Example: If Sita no longer gives Ram happiness, he will no longer love her

Everyone is selfish. This is the absolute truth.

Even if Ram was to commit suicide when Sita abandons his love, it goes to prove that he does not want his self to undergo suffering and not for any other reason.

Thus, the enjoyer (subject) is more important than the object. Without this knowledge, people spend all their energy, time and resource on chasing and possessing various objects in the world.

It will be fun to see the world once we understand this truth. We are the sole object of interest in the world and we were running after the sense objects thinking that we are interested in them.

Example: In a treasure hunt game, the final clue points out that we need to find ourselves. Without understanding the clue properly, we think that we need to find others.

Once we decode the clue, we claim victory. It will be fun to watch others thinking that they need to find someone else and running here and there.

**Statement 43:** Enjoyer is the most important person in the world. In fact there is nothing else existing to compete for this position.

Once we understand that self is more important than the other external objects we will be more curious to know about the self.

Example: In a party Ram sees a beautiful girl and he likes her. He will then start enquiring about the girl. If he does not like the girl, he will ignore her.

Similarly, as long as we are not aware that we like our self, we will not have any interest to know about our self. Once we know this fact, we will have a deep desire to enquire and know about our self, the enjoyer. As long as one thinks that the truth of happiness is in the objects, they run behind the objects of the world. When they find that the truth is in the self they will want to enquire and know more about the self.

One who has not understood that the enjoyer is more important than the object of enjoyment is not fit to conduct the enquiry on the self. Since the attitude of a person depends on his knowledge, those who think that happiness is in the objects will give more importance to them. They will not spend time and effort for understanding the self.

Enjoyer actually enjoys the enjoyer and not the enjoyed object. The attention from the external objects of enjoyment has to shift to inwards once the fact that the enjoyer is the only source of joy is known.

Example: Ram meets Sita in a party. Both of them like each other. However, they decide that they should date for a year before getting into wedlock. The purpose of such decision is both of them wants to be happy.

Both do not want to risk their happiness. Therefore, they want to understand the other person. This is the grave error. If Ram wants to be happy, it is more important for him to understand himself than understanding Sita. It is true for Sita as well.

All the objects of enjoyment exist for the sake of the enjoyer. There are countless number of objects with varied names and forms. Therefore, one does not have to analyze or scrutinize the objects but have to concentrate on the enjoyer. There is no need to understand or change anything external.

The enjoyer can be happy if he understands himself. There is no need to run behind the objects of the world since the supply is virtually unlimited.

In order to live joyfully there is nothing to be changed in the world except one's attitude towards the world. This attitude can change only when one gains the true knowledge about oneself. To gain the knowledge one has to conduct an enquiry.

To conduct an enquiry into the nature of the enjoyer one has to have four essential qualifications. They are listed below:

Complete Attention: It is essential that we pay complete attention to the process of enquiry. We will not be able to reach our goal if we do this as a pass time activity.

Example: When we give our gold chain for repairing, we watch the goldsmith working with full attention. Even if we slack for few seconds there is a possibility of the goldsmith stealing a bit of gold from the chain.

We need to pay such an attention while we are enquiring the true nature of the enjoyer.

Continuous Effort: Self-enquiry is a very time consuming project. One should continuously spend long duration of time consistently until the goal is reached.

Example: Sportsman working for an Olympic Gold Medal

It is not enough if we spend more time on the enquiry. We need to do that with deep interest. No sports person can win a gold medal unless he is interested in the sports.

Confidence: One should have complete confidence on the teacher and method of teaching. In addition, one should have self-confidence that it is possible for him to know the enjoyer at the end of the enquiry.

Example: A person drinking water to quench the thirst need not have any confidence. As he is drinking the water, he will see the benefit. However if a person is digging a well, he has to have confidence that he will find water. If he doubts every time whether he is digging at the right place, he will never be able to find the water.

If we feel that we do not have enough time for the purpose of enquiry it only means that we are not confident enough to find the solution. Confidence has a very high role to play in the process of acquiring the knowledge.

Example: In a village where there was no rain for a long time, a sage was offering special prayer for rain. At the end of the prayer, still there was no sign of any rain. The sage then told the crowd, "Now it is going to rain. However, it is not because I offered the special prayers. It is because of the confidence of that man standing with an umbrella"

Similarly, if we have strong confidence, it will lead us to success.

Hard work: This is the fourth and final requirement for successful completion of the enquiry.

Example: A person starts a new business in a highly competitive area. He needs to work hard to succeed in the business venture.

We need to put in similar hard work in our pursuit.

## Lesson 34: The enquiry on the enjoyer

Session: G59

It is impossible to conduct any enquiry on the nature of enjoyer without the guidance of a right teacher.

Example: The master health check up programs, which involves various laboratory tests conducted on a person, will NOT reveal any disease or illness. Only a medical doctor who in the process of diagnosis can prescribe specific set of laboratory tests, which will serve the purpose. This is so because the doctor has to have a suspicion, which the tests are to confirm or dismiss. Without the initial suspicion, the tests cannot prove anything.

Similarly, if we are to conduct an enquiry without the guidance of a teacher we will not be successful. Based on the history it is clearly shown that no one has ever found out the true nature of the self without the guidance of a qualified teacher.

The qualified or right teacher is one who draws his wisdom from scriptures. One who does not depend on the scriptures is not qualified to guide anyone.

Example: An uneducated person cannot perform a medical investigation.

Similarly, a person who is not well versed with the scriptures cannot assist the enquiry of the enjoyer.

Therefore, the first step in the process of enquiry is to listen to the teacher's answer on "Who is the enjoyer".

The scriptures reveal the truth about the enjoyer. There is no enjoyer at all. Whom we think is an enjoyer does not exist at all. The term "for whose benefit" signifies that there is no enjoyer.

The next step is to start the enquiry based on our findings. We have already seen that enjoyer is a combination of EGO and ONE. In this combination, ONE is the only reality and the EGO is just a reflection.

EGO in reality not existing and ONE exists.

Everyone perceives the EGO which is not there and do not see the ONE which is very much there.

Delusion is the reason for not seeing what is there and for seeing what is not there.

Since the enjoyer always seems to be in the combination of EGO and ONE, firstly we need to apply the P/A Logic to know whether they (EGO and ONE) can exist independent of each other or not) When two objects are always together it is difficult to assess if they are same or one is different from other.

Example: A child looks at the mother's hand with a bangle most of the time. The child may assume that the bangle is part of the hand just like the fingers. However when the child sees the mother's hand without the bangle, it can figure out that the hand can exist with or without bangle.

Applying the same P/A logic during the waking time, both EGO and ONE exists.

During the deep sleep, the EGO does not exist but ONE exists. If it does not exist on waking up, we cannot recall that we had a good sleep.

Thus, the enjoyer is thought to be the combination of EGO and ONE, before the enquiry. After the enquiry, we now know that EGO is a reflection (of ONE) and ONE alone is the reality.

ONE, which is not related to anything in the world alone, is not the enjoyer.

EGO is the enjoyer.

There is no EGO.

Thus, there is no enjoyer.

Once we know this truth, we will not have anything to do with the objects of the world. Earlier we were under the assumption that we are the enjoyer and chasing the objects of the world for enjoyment. After knowing that there is no enjoyer, the search in the external world will stop.

Example: Ram loves Sita.

It is already shown that Ram loves himself and not Sita. Now it is shown that the Ram comprising of

Body/ Mind Complex – Inert Object

EGO – An illusion, which appears to exist

ONE – The only reality that sustains the whole world including Sita

After this knowledge, Ram will be happy with Sita and equally be happy without Sita because he is the Ever Witnessing Joy. He will not be ashamed to see himself running behind Sita, since he knows that he is the only source of happiness nor he will mind dropping Sita and chase Gita. It does not matter anymore. Whatever he does will have no effect on his natural state of happiness.

**Unit 05      “he will struggle”**

**Number of Sessions: 17**  
**(61 – 77)**  
**Number of Lessons: 16**  
**(35 – 50)**

On completion of this unit, the student will be able to

- (a) Perceive the joy of Joyful Living
- (b) List the benefits of Joyful Living
- (c) Understand the impact of Joyful Living on the rest of the world

**Notes to the teacher: (Ref 7.223 and 7.298 of the original text)**

This is the final unit of this module. The joy of joyful living should be the theme of this unit. In every session, the teacher should highlight the benefit of joyful living. Students, who are not yet there, should be motivated to reach there before completion of this unit.

**Unit Test:**

**Session G77**

- |   |           |
|---|-----------|
| 1. What are the two meanings of the word ‘struggle’?                | Lesson 35 |
| 2. List the types of diseases that affect our three bodies.         | Lesson 36 |
| 3. What are the differences in the nature of suffering in 3 bodies? | Lesson 37 |
| 4. What is the cause of physical suffering?                         | Lesson 38 |
| 5. Is it possible to avoid the sufferings of the three bodies?      | Lesson 39 |
| 6. Why the suffering of the EGO is described as apparent?           | Lesson 40 |
| 7. What is the understanding gained from King-Prince example?       | Lesson 41 |
| 8. Describe the difference between a penance and Joyful Living      | Lesson 42 |
| 9. Explain why suffering continues after gaining knowledge?         | Lesson 44 |
| 10. Describe the life of an enlightened person                      |           |



In the second part of the sentence the object (the world), subject (enjoyer) and the experience (that results due to the interaction of the subject and the object) are negated as illusion, based on the knowledge gained as described in the first part of the sentence.

The meaning of the words ‘will he struggle’ in the key statement ‘If a person knows himself to be this ONE, desiring what and for whose benefit **will he struggle?**’ is discussed here for negating the experience (that results due to the interaction of the subject and the object).

It is already shown that there is no object to desire and there is no subject. Similarly, in this section we will see that there is no experience because there is no one to identify with the experience.

The term “will he struggle” means the experience of the body does not affect the human being. The body consists of three layers and each will undergo various experiences because of the past actions. However, there is no one to identify with the body and feel that he is suffering (or enjoying).

The words “will he struggle” have another meaning. After getting the knowledge, he will not struggle for anything since he has already completed all his tasks in the world. He may continue his actions that are born out of the past Imprints without any desire to do so.

**Statement 44:** The words “will he struggle” signify that he will not struggle for anything in life.

**Three bodies**

Our body is classified into

Physical Body (morrow, bone, fat, flesh, blood and skin including physical parts of all the internal and external organs).

Subtle Body (Intelligence, Mind, Five Life Forces, Five sense organs and Five organs of actions).

Causal Body (impressions of the accumulated results of our past actions)

**Sufferings in the three bodies:**

All the three bodies will experience problems that are inherent to them as listed below:

Physical Body: Limitless number of diseases affects our physical body.

The physical body comprises of three basic elements namely air, water and fire in certain proportions. On a daily basis the proportion between them keep changing and they are adjusted to maintain the normal health. However, there is a possibility of these going out of balance resulting in ill health. There can be abnormality in physical body due to deformity or disability. Finally, the body will age resulting in reduction in the ability to perform any function/ action.

Subtle Body: Two types of diseases affect our subtle body.

Presence of Desire, Anger, greed, frustration, jealousy, confusion, attachment, hatred, arrogance, pride, pomp, malice, vanity, harshness, foolishness/ childishness, fear, anxiety, worry

Absence of peace, tranquility, steadfastness, kindness, reverence, patience, fortitude, humility

Causal Body: Two types of diseases affect our causal body.

When we live in Causal Body level, we appear to lose ourselves  
It carries the seeds of future sufferings (to other two bodies)

**Statement 45:** Suffering pertains to the three bodies and not to the self.

It is not possible to avoid completely the problems pertaining to the three bodies. These struggles are caused due to the past actions of the individual. One should learn to accept these sufferings as an incidental addition.

Example: A new car will become old and create problems after few years. Wear and tear is the natural part of the usage. One should spend money, time and energy in maintaining all the tools and equipments that one uses. This logic applies to our body/ mind complex as well.

After certain stage, we replace the old car with the new one since it makes financial sense. Similarly, we replace the body through dying and being born again. It is a natural process.

Similar to the equipments, we can maintain the performance of the physical body through proper diet and exercises. However, well we maintain, a day will come we need to change the equipment. Similarly, our physical body will age and wither away one day. We cannot do much about it. We have to live with it.

The other two bodies are different.

The subtle body is not subject to wear and tear since there are no physical components in it. Its performance can be improved by appropriate practices. There are techniques like Pranayama, which will improve the performance of the Life Forces.

Through appropriate mental exercises, we can sharpen our intelligence, increase the capabilities of our memory and improve the quality of our mind.

Similarly, we can improve our skills in drawing, singing, painting, sports or any activity that is done using our hands, legs and mouth.

An important advantage is whatever improvements we do to our subtle body is permanent. Even after death, it will come with us. Therefore, we should attempt to improve our subtle body continuously.

The causal body holds the seeds of our future births. This is neither subjected to wear and tear like the physical body, nor amenable to positive improvements like the subtle body. However, by ensuring that we form good habits we can ensure that the quality of the seeds is changed for the better. In addition, if we are to gain the ultimate knowledge then the causal body can be cleaned up and all the past negative results of our actions can be erased.

**Statement 46:** Our past actions are the reasons of our sufferings.

Thus, the status of the current body is the result of our past actions. If we are fat and unhealthy, it is entirely due to our past actions. In general, more money we pay for equipment, it will last longer and problem free. This is true, even for our bodies. Depending on the good deeds we have performed in the previous birth, we have acquired our current body. Having acquired the body we need to live with it.

The suffering the bodies need to undergo cannot be changed much. However, these sufferings do not affect our real self.

Example: The reflection of the sun is seen in the gutter. The gutter is full of waste materials, which are ugly, nasty and smelly. These however do not affect the reflection of the sun in anyway; much less, they can affect the real sun.

Similarly, the sufferings of the bodies will not affect the EGO, which is the reflection of ONE. Definitely, they cannot affect ONE. ONE has lent the qualities of Knower, Awareness and Bliss to the EGO and these factors cannot be affected by the sufferings of the body. If the EGO appears to get affected by the sufferings of the bodies, it is due to ignorance.

It should be understood that it is the nature of the body to suffer. There is no way the suffering and the body could be separated.

Example: The patient tells the doctor, "Please ensure that I do not get any problems in my right hand". The doctor replies, "The only way I can do that is to remove your right hand".

However, we need not suffer due to these natural changes in the bodies, if we analyze our true nature.

There are three truths, which constitute the meaning of the word "I". They are,  
ONE, which is pure existence  
EGO, which is the reflection of ONE  
Three bodies, which is inherently prone to suffering

The subtle body is the reflecting medium, which reflects ONE and the reflection is called EGO. This reflection enlivens the body and gives it the semblance of life.

Without knowing this truth, the EGO assumes that the body is pure and problem free just like the ONE.

Example: The sun light is reflected in the gutter. An onlooker ignorantly assumes that the brightness that is coming from the gutter belongs to the dirty objects floating in the gutter.

EGO does the similar mistake.

Suffering is naturally associated with our bodies and the only way to remove them is to become immune to them by applying knowledge.

Nevertheless, in practical life it looks impossible that we are not affected by the sufferings of our bodies.

Example: A child comes back home with the progress report. The child has obtained 1<sup>st</sup> rank. However, the child does not care much about the rank. Nevertheless, the parents are very happy.

The happiness of the parents is due to the sense of belonging, “my child”.

The sense of belonging is abstract information, which has no reality. However, we give too much importance to it causing us pain.

Example: A mother receives news that her child met with an accident.

The mental trauma of the mother has nothing to do with her physical status. Her sense of belonging to the child causes the misery.

Similarly, the EGO has a sense of belonging with the physical body. This has resulted in the suffering.

To continue the previous example: If the mother comes to know that it is not her child who is involved in the accident, instantly she is relieved of all the pain and suffering.

Similarly, if the EGO realizes that it is not related to the bodies, the sufferings of the body will not affect the EGO. EGO will be a casual observer to the sufferings of the body.

Example: The wall developed a crack after a heavy rain. A passerby notices the crack but not affected by it in anyway. The owner of the house, however, is shattered.

As long as there is no attachment, the pain and suffering does not come about.

Since the real self cannot be touched, the suffering of the EGO is apparent just as the dream can hurt only a dream body.

## **Lesson 41: Removal of apparent suffering**

**Session: G67**

The sufferings of the body do not belong to the EGO. The EGO itself does not have a reality. It is just a reflection of ONE. ONE is pure and changeless. There is no cause for the EGO to suffer if this truth is understood. Instead, the EGO takes itself very seriously and suffers. Once the truth is realized, it will be a matter of shame to look back our behavior during the days of ignorance.

Example: A person runs away from a rope thinking it is a snake. When the truth about the snake is known, he will feel ashamed.

It is not possible to kill the snake, which does not have absolute reality. One can act as if the snake is killed by stamping the rope. Similarly, the suffering of the bodies belongs to the world of illusion. It is only possible to use the various medical facilities that are available in the illusory world so that the illusory pain is reduced or eliminated.

### **Effect of the Removal of apparent suffering:**

Since for a long time the EGO has attached itself with the bodies it cannot be relieved of the sufferings from the body soon after realizing that it is attached to the ONE.

Example: A master wrongly concludes that, his servant is a thief and hands him over to police. However, later he comes to know the truth that the servant is innocent and honest. The master says, 'sorry' and takes him back as servant. However, the feeling of guilt will continue for sometime.

It is not possible to be relieved of the mistake committed, instantly. In fact if the master took long time to realize the truth, the feeling of guilt will last long. If he was to realize his mistake within few hours, he will feel relieved very soon.

The EGO has committed the mistake of identifying itself with the bodies for a long time. Therefore, it will take a while for it to be relieved from the bodily afflictions. It has to do meditation on the truth (that it is but a reflection of ONE) for a long time to erase the earlier misidentification.

### **Practice after realization:**

It is important for us to behave like ONE when we realize that we are not the body but ONE.

Example: The king names his first son to be his next successor. The prince might have behaved irresponsibly upto that point. However once he has been named as the successor to the throne, he has to start

functioning like a king. He has to meet the high standards in all the essential qualities of a king. If he does not show the maturity to be the next king, his father might change his mind and nominate someone else to become the king.

Similarly, once we realize that we are ONE, we should stop being irresponsible. We can no longer identify ourselves with the body and suffer its afflictions. We should consciously change our life style to be worthy of a realized person.

This conscious practice will slowly relive us from the clutches of the earlier bondage. Our identification with the bodies will be dissolved in due course of time, if we are to be firm in our conviction of our new position.

Once the knowledge becomes steady, we will lead a Joyful Living.



## Lesson 42: Joyful Living is not a penance

Session: G68

Once we gain the knowledge that we are the only reality and the world is false, it is possible that we slip from this knowledge.

Example: Someone says, "You are a fool"

We may feel hurt. This happens if we forget our eternal nature. Everyone and everything in the life is ONE. We are aware of this. Still we are hurt when someone calls us a fool.

It is perfectly all right if it happens infrequently. Since we were attaching ourselves with the body for a long time, we might have slipped from the right knowledge. We should correct ourselves and recover from the incident quickly.

Such incidents where we get hurt cannot be frequent. We should not be getting hurt deeply whenever it happens. If it is happening frequently and we are getting hurt deeply, it only means that we do not yet have the right knowledge.

After getting the knowledge, our mind should be in a relaxed state. If we are worried that we might slip from our knowledge, it is another form of suffering.

Joyful Living is a factual status and not a penance one is taking it upon him.

Example: I take a vow I will not talk for one week. It is a penance. Penance is abnormal and it gives benefit only when completed properly and completely. There should not be any slip/ mistake during the penance. There is a fear that we should do the penance properly since if not done properly, it will give negative results. We will get affected by improper penance. Joyful Living is not a penance. It is the normal state and the ignorance is the abnormal state. Since we were doing this mistake for a long time, and since majority of the people are ignorant, it appears to be normal. There is nothing to be done to live joyfully. In penance mind should be alert. In joyful living, the mind is relaxed.

Due to the relaxed state, it is possible that we stray into falsehood briefly. This occasional slip can be removed through appropriate practice of meditation.

Example: After the completion of a month of fasting during Ramadan month, Muslims rejoice for two reasons. One, they have not slipped from the self-imposed restrictions. Two, the self-imposed restrictions are finally removed and they are free again.

In case if there was a slip during the penance, it will cause guilty consciousness in the mind of the practitioner. However, in the case of the enlightened person such slips and mistakes will not cause any guilty consciousness

Penance is the means to an end. Joyful living is the end in itself and not a means to anything. It is not a cause to worry if one gives reality to the world and suffers after gaining the knowledge.

**Lesson 43: Reasons for the continuation of suffering even after gaining self-knowledge.** **Session: G69**

The effect of the prolonged state of ignorance lasts for a while even after its removal through obtaining knowledge.

Example: Even after realizing that there is no real snake; the shivering caused by the imaginary snake lasts for a while.

When the pedaling of the cycle is completely stopped, the cycle will continue running for while due to inertia. Similarly, the effect of the ignorance will continue even after obtaining knowledge.

Knowledge gained is permanent but it could slip occasionally.

It is a paradigm shift when one moves from ignorance to wisdom. The world which, appeared to be real for the ignorant, has suddenly become an illusion. Nevertheless, this knowledge may slip occasionally.

This is due to the insufficient control over the mind. If the mind is not trained to be steady, it will oscillate. Even after knowing the truth that the world is an illusion, the mind might get distracted if it is not trained adequately.

Example: Even after returning to peace in a country where war was going on for a while, simple crackers will be construed as resumption of gunshots. Although it is known that the war has ended, one will become anxious on hearing the cracker sound.

The sound of the cracker will not change the situation from peace to war. Nevertheless, it might create the effect of the war on the weak-minded people. Similarly, an event of the world might affect a weak-minded person, even if he knows that the world is an illusion.

Therefore, in order to enjoy the Joyful Living fully, one has to practice sufficient meditation. One should meditate on the truth that the world is an illusion and does not have capability to hurt his real self.

Ignorance goes but suffering to the three bodies continues until the end of the current lifetime.

Normally when we remove the cause, the effect will go. The cause for suffering is the ignorance. Once we gain the knowledge, the ignorance goes. However, the effect of the ignorance, namely, the suffering to the three bodies continues until the end of the current lifetime. This is due to the results of the past actions done prior to gaining the knowledge.

Example: One hits himself on the tree and cries over the misfortune of losing the tenth man. When he realizes the truth, he stops crying and start rejoicing. Nevertheless, the suffering caused by the wound on the head will continue to hurt for a while.

Similarly, the knowledge removes all the accumulated results of the past actions except those that have taken the effect.

Example: The arrow already released from the bow cannot be stopped.

Similarly, the effects of the past action that has started to take effect will continue to affect.

However, such suffering will be ignored since the ultimate knowledge is gained.

Example: If the valet is lost with lots of cash, we will be very happy to recover the cash, even if the valet is not regained.

The life will continue to unfurl into experiences even to a person who has gained the absolute knowledge. He is no different from others in this respect. His past actions have already determined his future experiences and he has no choice but to go through them. However, unlike the ignorant, he will not be affected by the unfavorable experiences.

Example: An expert surfer does not classify the waves as favorable or unfavorable. Whatever be the type of the waves, he will be able to surf well. And he may also get tossed by a giant wave occasionally.

Whatever happens in the world is happening the way it should happen. Whatever experience I go through is exactly the way I wanted it to be. This knowledge is the by-product of the true knowledge.

Example: A boxer after defeating a difficult opponent wins the title. He will be very happy even if there is a severe pain all over the body. He may not even be aware of the pain. If the pain is pointed out, he will recall the fight and feel happy thinking about the way he recovered in the fight after that punch.

Similarly, after enlightenment, any sufferings or unfavorable experiences will appear to be a cause of celebration.

After gaining the true knowledge, one is not bound by any rules and restrictions. One is on top of the world all the time.

Example: Lion does not envy any other animal. It does not think it is very lean compared to the rhinoceros. It does not feel that it is small compared to the elephant. The male lion does not even have to hunt. The food is served by the lionesses. The life is joyful for the king of the forest.

Similarly, the enlightenment will lead the person to the top of the world. All his requirements will be met automatically by his past actions. His only duty is to enjoy life all the time.

After gaining the absolute knowledge and becoming steady on it, one will have perfect satisfaction. Everyone has enjoyed such satisfaction occasionally in his life.

Example: A couple, who got married ten years earlier, will be very happy to know about the conception of their first baby. They will enjoy the perfect satisfaction for few moments. Soon it will be replaced by the anxiety that everything should go on smoothly until delivery. When the child finally arrives, again they will have perfect satisfaction for few moments.

The perfect satisfaction in the mind of the enlightened person is identical to such happiness. However, his satisfaction is not dependent on any object, event, person or place. It is independent. In the example above, the happiness of the couple will be lost if the child becomes ill. Thus, the happiness of the ignorant people always depends on the environment. Happiness of the enlightened does not depend on any factor. It is absolute and eternal, hence the name 'perfect satisfaction'. He will always be happy inspite of living among the ever-changing environment. The events in life will continue to oscillate between the pairs of the opposites but the perfect satisfaction will not change.

There are two reasons for this perfect satisfaction. The first reason is that there is nothing more to do. The second reason is that there is nothing more to gain. Until one reaches this stage, they will either be a doer, engaging in some sort of action or an enjoyer, enjoying pleasures and suffering the pains of the world.

A person who has not gained the ultimate knowledge will always have a sense of guilt and sense of hurt. Guilt is due to the feeling of inadequacy of the action. After completing an action, everyone will always feel it could have been done in a better manner or differently. Hurt is due to the feeling of inadequacy of the result. Whatever benefit comes as the result of the action is viewed as insufficient. Therefore, until the ultimate knowledge is gained one will be seeking fulfillment.

**Statement 47:** This feeling of inadequacy is not there in an enlightened person and therefore, he has perfect satisfaction.

Normally people are involved in three types of action.

People act to succeed in this world. This will be in the form of getting educated, working in a job or doing business, and raising a family.

People act to perform different religious rituals. This will be in the form of going to temple, giving alms, serving the poor and observing penances.

People act to gain ultimate knowledge. This will be in the form of serving a teacher, Inquire, Introspect and do meditation for Inner-Transformation. This is more time consuming and more difficult than the first two.

Since the enlightened person has realized the ultimate, he does not have any such duties.

He does not have to do anything to succeed in the world since he is aware that the world is an illusion. He is also aware that the results of his past actions will take care of his survival until death. Therefore, he does not have to do anything.

He does not have to follow any religious rituals since he has gained the required mental maturity. (The main purpose of rituals is to develop mental maturity that is required for gaining the ultimate knowledge). Since he has already gained knowledge he does not have to follow any rituals.

He does not have to study under a teacher since he has already gained the ultimate knowledge.

Thus, the enlightened has no duties at all.

However, the enlightened one may keep himself busy with some action or other. Such action comes because of his preferences and not for fulfilling any selfish desires.

When it is said that the enlightened does not have any duties it just means that he has the option to act or not to act. In either way, he cannot be questioned.

The nature of action will also vary from person to person and will depend on his personal preferences. There are no set rules that an enlightened person will behave in a particular way.

## **Lesson 47: The enlightened does not have anything to gain    Session: G73**

People are looking forward to gain something or other all the time. This is because they assume that the happiness lies out there and they are supposed to get it by gaining wealth, power, position etc. However, the enlightened knows that he is Ever Witnessing Joy and does not have to gain any worldly object (since there is no happiness in them and he does not need any)

There is subtle difference in the way enlightened person enjoys life. In general, the happiness from the worldly objects is sense pleasure. An enlightened person will also enjoy the sense pleasure but his happiness comes from his wisdom.

When the world provides positive environment he enjoys them. When it provides negative environment, he is aware that his real self is not affected by it. Therefore, he continues to be happy.

Example: When someone insults an enlightened person, he will not be upset. He is aware that person is not capable of behaving in any other way.

Thus, the enlightened people have a shock absorber in the form of right knowledge so that the unfavorable events of the world do not lead to suffering.

He will always be thinking that there is nothing more to be done or nothing more to gain. He will always keep referring that how one was bound in the past and feel relieved that he is no longer bound.

Example: If our flight is being hijacked in the dream, when we wake up, we are very happy that it is not real. We may even think back about the dream and thank god that it was a dream.

In the similar way, the enlightened person enjoys every moment of his life. It is like being in the dream, knowing that it is a dream. He can enjoy all positive events and ignore the negative events as dream.

Whatever be the environment, one accepts it as the result of his actions in the past. There is nothing to complain about and there is nothing to look forward. Whatever one has sowed will be reaped. The advantage is one is no longer affected by the unfavorable environment and enjoy the life all the time.

## **Lesson 48: The enlightened does not attempt to change others**

**Session: G74**

The world will continue to be a mixture of people of different types. The mental maturity and the knowledge of the enlightened one is a very rare type. Therefore, the enlightened one has to live among others who are somewhere down in the spiritual ladder. Since he is aware of the difficulties of climbing the ladder and reaching the top, he understands and appreciates the position of the others around him.

Example: There is no happiness from watching TV. Although the enlightened one may or may not watch TV, he will understand why others spend hours watching a substandard show.

Everyone will function according to his level of understanding of the truth. Therefore, the enlightened one will not criticize them.

He knows that he is complete. Everyone else is involved in some action or other for getting fulfillment. Although they are ignorant and will not get fulfillment from their action, he will not prevent them from action.

Example: A one-year-old child attempts to reach the chocolate box kept on a table. We know that the box is empty. If the child succeeds in reaching the box, it will be disappointed. Still we may not prevent the child from making the attempt since we are aware the attempt of the child is not wasted. It has given it motivation to perform better. The effort will help the child to stand up and walk.

Similarly, although the ignorant may not get what they want from their action, they will gain the mental maturity from their experience, which is an essential requirement for gaining the ultimate knowledge.

Example: Looking at the child, attempting to take the chocolate box, we can feel so happy that we are much stronger and capable than the child. We do not have to struggle like the child since we are physically better off.

In addition, we have the knowledge that the box is empty. Therefore, even if we are capable, we will not reach for the box.

Similarly, looking at the ignorant people chasing material gains, the enlightened will feel the happiness that he does not have to struggle like them. In addition, since he knows that the world does not offer any happiness, it does not attract him anymore.



There are no duties for the enlightened person. Nevertheless, he cannot totally avoid action as long as he lives. Actions are performed by him because of his preferences and not out of any selfish desires. Therefore, it does not matter to him whether his actions bring about any results or not. He does not perform any action under the false notion that he is a body/mind complex.

Whatever action we do, the results are bound to come. We cannot nullify the effect of one action by performing some other (opposite) action.

Example: One beats another in a fit of anger and then apologizes; he will be punished for beating and will be rewarded for apologizing. The crime and the Good Samaritan action will yield independent results and cannot nullify each other.

Because of this rule, the enlightened will have to live the life and experience the result of all his past actions. However, such experiences will not be converted as pleasure and pain. It depends on the mental maturity of the person. Experiences will come but an enlightened person will not be affected by it unlike an ignorant person. An ignorant person will give reality to such experiences and suffer but an enlightened person will ignore them as a part of a dream.

Example: Even after all the vital organs have failed, some people will live for few days. Doctors may call it as medical wonder. The truth is that person will live as long as the results of the past action last.

The enlightened one does not have any enemies. Since everyone in the world is powered by the same ONE, life is a mono act play for him. His 'enemy' is behaving as such because his role dictates him to do so.

For the enlightened, right and wrong, truth and false, war and peace, are all belong to the relative world, which is a dream. It does no matter if one praises or blames in a dream.

For the ignorant, life is oscillating between happiness and sorrow because he is expecting the action and result to be directly and perfectly correlated. The truth is different.

One can set out on foot to a strange land without any money. Whether he will suffer or gain depends on the result of his past actions. When he is hungry, he will get food from some source. Such experiences will teach one the truth regarding the relationship between the past actions and current experiences.

Although the enlightened is not bound to do any action, he may lead an active life due to his preferences. Such action will also happen to facilitate the world to function and to yield the appropriate results to others. In a world where all types of people are living, there will be many joint actions or actions with inter-relationships which will bring the enlightened and the ignorant to work together.

Such association will not bring about any personality clash. Since the objective of both of them are very different, there will not be any issue. While the enlightened performs the action without any selfish goal, the ignorant do it for the sake of expanding the business. Therefore, there is nothing, which is common and attracts the attention of both.

For the enlightened, it does not matter how the work is carried out in the world. He may work perfectly but does not expect others to work perfectly.

For the ignorant, it is important to follow the rules and rituals and the enlightened will not care for them. Nevertheless, he will follow them for the sake of others since it does not matter to him either way.

Example: If two deaf men are shouting at each other, knowing that both of them are deaf, there is no point for a third person to get into it.

Similarly, the worldly people clash with each other without having the ultimate knowledge. In any case, the enlightened knows it does not matter either way since everything is an illusion. There is no point in participating in an argument since the absolute knowledge will come only when someone surrenders to a competent teacher. Knowledge can never be transferred through an argument or discussion.

The focus of the materialist is to gain worldly possessions. The enlightened person does not have anything to gain.

Conquering one desire is better than fulfillment of thousand desires. The enlightened has accomplished the difficult task and the ignorant will learn the truth when is attempting to satisfy his never-ending desires.

Getting involved in worldly actions will not be a risk to the knowledge of the enlightened. Knowledge can be erased or replaced only when knowledge from a stronger source is obtained. Since the knowledge from the scripture is the ultimate, the enlightened will not risk his knowledge by performing worldly action.

Example: Even a live rat cannot kill a cat. If that is so, there is a no possibility of a dead rat threatening to kill the cat.  
The world is an illusion and it will have no impact on the reality.

# **Module: H**

## **Essence of Self**

**Unit 01: Understanding EGO and SELF**

**Number of Sessions: 7**  
**(01 – 07)**  
**Number of Lessons: 7**

On completion of this unit, the student will be able to

- (o) Understand distinctly the role of EGO and SELF.
- (p) Learn to shift the attention from EGO to SELF in daily life.

**Notes to the teacher: (Ref 8.01 and 8.76 of the original text)**

**Unit Test:**

**Session H07**

1. What is the implication of not trusting the declaration 'You Are That'?
2. What is the relationship between SELF and ONE?
3. Define External and Internal Thoughts.
4. What is the similarity between External and Internal Thoughts?
5. What are the differences between External and Internal Thoughts?
6. What are the four distinct roles played by EGO and SELF with respect to External Thoughts?
7. Discuss the role of EGO and SELF with respect to Internal Thoughts.
8. What is the purpose of discussing the nature of God, Creation and the Living beings in the Holy Scriptures?
9. SELF is a witness to which four events?
10. What is the nature of SELF?

Joyful Living is possible only when we understand the essence of the Holy Scriptures, namely, 'YOU ARE THAT'. Due to ignorance people do not have clarity on the meaning of the word, 'YOU'. Since the word 'THAT' refers to God, who is relatively unknown, it will be easier to learn that part. With respect to the question, 'who am I?' confusing and often contradicting knowledge exists in our mind. We need to gain clarity on the meaning of the word 'YOU' so that it is possible for us to comprehend the meaning of the statement, 'YOU ARE THAT'.

Conflicting questions will arise in our mind if we attempt to understand this statement, 'YOU ARE THAT' with our wrong knowledge. How can I, a limited, mortal human being be an all-powerful God? Such contradictions will force us to either one of the following options.

Option 1: Disregard the Holy Scriptures or conclude that the Holy Scriptures DO NOT declare 'YOU ARE THAT'. People who are not fully qualified for Joyful Living will choose this option. They may have to spend many more lifetimes to understand that this option will not lead to Joyful Living.

Option 2: Accept and have faith in the declaration of the Holy Scriptures and start doubting our understanding of the meaning of the word YOU. People, who choose this option will embark on the process of enquiry and find out the right meaning of the word 'YOU'. They will reach the destination of Joyful Living soon.

#### Inquiry about the meaning of the word 'YOU'

Prior to commencing the inquiry of the meaning of the word YOU, we should be clear that this word does not mean our body/mind complex. Our physical body is an incidental addition and not an integral part, as detailed in earlier modules.

The word 'YOU' is wrongly assumed to mean two distinct entities. One is EGO and the other is SELF/ ONE. Our body/ mind complex exists and is enlivened by these two distinct entities.

ONE is the changeless consciousness, which lends existence to the whole universe. In the context of our body/mind complex, the very same ONE is referred to as SELF.

EGO is different from Ego. Our mind has four modes: one of which is Ego (the thoughts of 'I' and 'mine'). Our mind also reflects the consciousness or SELF/ONE. EGO is this reflection.

In this module, the original consciousness is referred as SELF or ONE and the reflected consciousness is referred as EGO.

The difference between EGO and SELF is explained with an example.

Example: Children are playing with mirrors, reflecting sunlight on the wall.

In this example we can equate,

Wall	with	The universe
Mirror	with	Our mind
Sunlight	with	SELF
Reflected light	with	EGO
Illumined wall	with	Our physical body

1. The wall is illumined by two distinct lights. The sunlight illumines the whole wall and the reflected light from the mirrors creates many circles of illumined spaces on the wall.

The universe is supported by two distinct entities. SELF lends existence to the entire creation and the EGO, which is the reflection of SELF, creates many living beings in the world.

2. The illumined circles of spaces move about on the surface of the wall representing each child on the wall. Children identify themselves with these circles of illusion and play with each other.

Our physical body is part of the creation. It appears to be alive due to the presence of the EGO. We identify ourselves with the EGO and assume that our body exists independent of the creation.

3. The sunlight is the only source of light. The reflected light from the mirrors do not have independent existence. Therefore, strictly speaking we should not call them as two different entities. However, since there is a distinct difference seen on the wall, with many circles of bright light moving about, we need to talk about two different lights.

SELF is the only real entity. EGO is a mere reflection of SELF and it does not have independent existence. Therefore, the meaning of the word, 'YOU', refers to only one entity. However, since there appears to be multiple human beings on the earth, we need to talk about two different entities until we understand that the true and only meaning of the word YOU is SELF.

4. Sun is only one. However, there are multiple reflections of the sun on the wall. Children assume that each one of them is controlling a distinct circle of light on the wall and that circle of light belongs to each one of them exclusively.

Although SELF is one, each human being assumes that they are independent because they perceive multiple physical bodies. Each assumes independent ownership and claim exclusive possession of the ego.

5. Sunlight on the wall appears to be dim compared to the reflected light.

Presence of SELF is overshadowed by our EGO.

6. The reflected light from the mirror attracts the attention of everyone, while the existence of the sunlight on the wall is not ordinarily noticed by anyone.

People are aware of the presence of the EGO and they are ignorant of the presence of SELF. The word 'I' is assumed to mean the 'EGO' and not the 'SELF'.

7. Reflected light provides entertainment to the children and they do not care much about the sunlight since they do not perceive its usefulness or necessity.

Without EGO the body is dead and therefore people value EGO more than the SELF. This is similar to saying that the moon is more important than the sun, since it gives light during the night, when it is most needed.

8. Sunlight is a necessity but the reflected light is a luxury.

It is not possible for people to exist without SELF. They do exist without EGO during deep sleep. Even during the moments of happiness they forget who they are (ie the Ego merges with SELF).

Enlightened people do not need anything to be happy and since they know that they are the SELF. They have a body/mind complex which is a luxury for them. Until enlightenment people think that they are EGO which is a basic necessity and they look for fulfillment in the external world. (Just as a child moving 'his' light fast to reach a specific target on the wall. The target on the wall is already illumined by the sunlight.)

9. The reflected light is temporary and the sunlight is permanent.

EGO has birth and death. SELF is immortal.

10. Sunlight pervades infinite space while the reflected lights occupy a small and limited space on the wall.

EGO is limited. While some assume that they are limited to their body, many include their physical possessions like land, building and such assets in the definition of EGO. For example, if their car gets dented in an accident they suffer. Some monarchs or rulers assume that the entire country is included in their EGO. However big the EGO is, it is limited. SELF is infinite.

11. Sunlight illumines the entire wall whether the children direct the mirrors towards the wall or not. In addition, when the children are playing with many moving circles of reflected light on the wall, the space between any two circles are illumined by the sunlight only.

The universe consisting of both living and inert objects exists due to the grace of SELF. In addition, the living beings get life due to the presence of EGO. EGO is the reflection of the SELF in the mind, which is also an inert object.

12. Sunlight does three things. (a) It lights up the wall. (b) It lights up the mirror and (c) it creates multiple circles of lights on the wall through its reflections.

SELF does three things. (a) It illumines the physical body. (b) It illumines the subtle body and (c) it creates multiple living beings through its reflections.

13. Light means the sun light and not the reflected light.

I means SELF and not the EGO.

We have seen (a) The nature of EGO and SELF and (b) the difference between the EGO and SELF through the above example of reflected light on the wall. The EGO and SELF play distinct roles, which are detailed in the subsequent lessons.



Thoughts are classified into External Thoughts and Internal Thoughts for the purpose of understanding the distinct roles played by EGO and SELF.

#### Description of External Thoughts and Internal Thoughts

External Thoughts include all thoughts for which the object of thought lies in the external world. For example, when we see a rose, a thought rose representing the physical rose is formed in our mind.

Internal Thoughts are those thoughts that constitute our emotions and feelings, which arise due to our responses to the External Thoughts. For example, on seeing a rose, we think 'I like the rose'. The 'rose' is the subject of our External Thought. This External Thought is the subject of our Internal Thought. For Internal Thoughts there are no subjects outside our mind since the thought 'I like' or 'I do not like' concerns only with the thought-rose and not with the physical rose. All thoughts concerning 'I' and 'mine' are Internal Thoughts.

#### Similarity between External Thoughts and Internal Thoughts

There can be only one thought in the mind at any given moment. Between two thoughts there will always be a distinct interval, however small or big that interval may be. Since mind works at a very fast pace, it appears that we have multiple thoughts in our mind at the same time. This rule that the thoughts always come one after the other, holds good whether the thoughts are external or internal.

#### Difference between External Thoughts and Internal Thoughts

We may or may not know an object. However, with respect to Internal Thoughts, there is no chance of ignorance. For example we will always know whether we are angry or not.

The subjects of External Thoughts are made up of physical or conceptual substances that lie in the external world. The subject for Internal Thoughts is always another thought. Therefore, we are always aware of our Internal Thoughts.

All thoughts that arise during meditation are Internal Thoughts. When we commence meditation, we ensure that our sense organs are closed and the input from the external world is not entertained. In such a situation, whatever thoughts arise in our mind are Internal Thoughts.

For gaining knowledge of the objects in the external world, we need the following three entities.

Knower, one who gains the knowledge

Object of knowledge

Source or instrument of knowledge

Knower gains the knowledge of the object through the instrument of knowledge.

Example: I see a pot

I (knower) send my thoughts through my eyes (instrument of knowledge) to the pot (object of knowledge) and the thoughts come back and form a thought pot in my mind, which is called knowledge.

Prior to seeing the pot, I did not know the pot. After seeing the pot, I know the pot.

Inert objects do not gain knowledge. Mind, eyes, thoughts and pot are all inert objects. No knowledge can be gained through the interaction among these inert objects.

SELF is the intelligent principle, which sustains the existence of all the inert objects in the universe including the mind, eyes, thoughts and the pot.

Mind reflects the SELF and the reflection is called EGO. Presence of the EGO makes the inert objects to appear as living beings capable of gaining knowledge.

When the thoughts leave the mind they are accompanied by the EGO.

Example: A sharp metal edge is attached to a wooden spear.

Without the sharp metal edge, the wooden spear is just a stick and it will not have any power to pierce anything. Similarly, EGO is attached to the thoughts so that when the inert thoughts reach the object, it gathers knowledge. Without the EGO both the thoughts and the object are inert objects. Therefore, no knowledge can come. With the EGO it becomes possible for the thoughts to gain the knowledge of the object. They bring the thought-object back and store it in the mind as knowledge.

Thus, both SELF and EGO enable the process of gaining the knowledge by playing distinct roles.

### Role 1: Knowledge of the object Vs Knowledge of the knowledge

EGO enables us to gain the knowledge of the object. SELF enables us to be aware whether we have the knowledge or not.

The role of SELF is to highlight the presence or the absence of the knowledge. The role of EGO is to convert the absence of knowledge into presence of knowledge.

### Role 2: Changing Vs Changeless

SELF cannot directly convert the absence of knowledge into presence of knowledge, because this process involves change. SELF is changeless. EGO undergoes change and enables accumulation of knowledge.

Example: A computer cannot work without electricity. The data in the computer will keep changing but the electricity remains changeless.

It makes no difference to the electricity whether the computer has 20 GB of data or 2 MB of data. The computer needs electricity to function and the electricity alone cannot process any data without the computer. Similarly, the changeless SELF enables the ever changing EGO to function.

### Role 3: Temporary Vs Continuous

EGO cannot illumine the fact whether we have or do not have knowledge of an object because EGO is temporary and not continuous. SELF alone is real that is ever present and EGO is a reflection, which is momentary.

Example: The processing is done in RAM and the results are stored in the hard disk. Data in the RAM is temporary. Data in the hard disk is permanent. RAM is essential to interact with the input devices and capture data. Only after this stage the data can be stored in the hard disk.

Without RAM no data can be captured. Without hard disk no data can be stored.

Data is represented by 0s and 1s in the computer system. The status in the hard disk could be either 0 or 1 to signify the presence or absence of data. Hard disk cannot convert 0 into 1 without the assistance of RAM.

EGO is absent during deep sleep and during the period between death and birth. However, SELF is eternally present.

#### Role 4: Action Vs Inaction

EGO is full of action and SELF is action less.

EGO is similar to RAM and SELF is similar to the hard disk. Both have independent and indispensable roles to play in capturing and retaining data.

Example: The hard disk collects data from the external sources by sending appropriate signals supported by RAM through the input devices and storing them.

Knowledge is defined as thoughts supported by EGO traveling through the sense organs, collecting data of the external object and forming thought-object in the mind.

Example: When we search for a file in the hard disk, it tells us whether the file is present or not. RAM helps the process of search but the file is not stored in RAM.

Information on the presence or absence of knowledge is known only from SELF and EGO is helpful only in conveying this information.

While both EGO and SELF play indispensable roles in acquisition of knowledge, the role of EGO appears to be more prominent than the role of SELF.

Example: A computer is considered to be useless without RAM. Even if all the required data is available in the hard disk, we cannot have access to it without RAM.

SELF is essential to know whether we know or do not know the objects. EGO is essential to know objects. The role of EGO is to convert the status from 'I do not know' to 'I know'. In addition, EGO is essential to communicate this information to others and to ourselves.

To cognize, 'This is a pot', we need EGO. To cognize, 'I know this pot', we need SELF.

Note: The examples of comparing Hard Disk with SELF are given to highlight the distinct roles played by SELF and EGO. It should not be construed that our memory is the SELF since it stores the information. Mind like the objects and eyes is an inert object and incapable of gaining knowledge.

The knower is SELF not the mind. This is further explained in the next lessons.

For the origination and sustenance of Internal Thoughts concerning our emotions and feelings, we need the support of EGO and SELF.

Just as the circle of light on the wall is brighter because two lights are illuminating it, all our thoughts on our emotions like anger and desire are doubly clear because of the presence of these two entities. That is why no one says 'I am not sure if I am angry or not'. The emotions and feelings in our mind are very clear to us.

In case of External Thoughts, it is possible that either we have or do not have knowledge of an object. For example, if there is an object which is covered with the gift wrapper we will not know what it is until we open the wrapper. In case of Internal Thoughts, there is no such possibility. If we are angry we will know it.

Anger (or any emotion) is a series of thoughts, which arise in our mind. At any point of time we can have only one thought. The moment we become angry we are aware of it since anger is made up of our thoughts unlike the object covered in the gift wrapper.

The gap or interval between two thoughts (or emotions) is highlighted by only one entity, namely, SELF. Therefore, such a gap or interval between two thoughts is not as prominent as our emotions, which is illumined by both EGO and SELF.

The EGO is totally absent when our mind is without thoughts. This happens during deep sleep and during trance achieved through meditation. We can only say we had a peaceful sleep and not give any more details because only SELF illumines our body and mind during deep sleep.

One of the purposes of meditation is to silence the EGO so that the prominence of SELF is felt. In our normal life, we do not have time to remain silent and observe our mind. Therefore, the EGO is very prominent and SELF is not noticed due to the constant chatter of thoughts in our mind.

Both our body and mind are inert objects. We can experience the inertness of our body when we are given local anesthesia. It is not possible for us to experience the inert mind. During deep sleep and trance, mind is totally absent. During waking time, we can observe the constant changes in our thoughts and thereby understand the changing nature of EGO. SELF is changeless.

During the waking stage, one has many problems like worry, anger etc. While in deep sleep all such problems disappear temporarily. One says that he had a good sleep getting relieved of all problems of life temporarily. SELF is the one which illumines the presence of the problem during the waking state and

absence of the problems during the deep sleep state. Creation and dissolution of the problem is the work of EGO.

When we look at a mirror, we see the reflection of our face in the mirror. We cannot see our face directly. Only the reflected face is prominently seen. However, we do not forget our original face and start giving importance only to the reflected face. Unfortunately, most of us are doing this mistake with respect to SELF and EGO. SELF is our original self. EGO is the reflection of SELF in our mind.

Since the internal thoughts illumined by EGO (and the SELF) are more prominent, we are lost in the thoughts and assume the EGO to be our original self. This is the cause of our misery in life.

As fire engulfing an iron ball pervades all through it and illumines it, EGO pervades all our internal thoughts and makes them prominent. The hot iron ball is illumined but it does not illumine other objects. Similarly, the EGO illumines only our thoughts and do not have the capability of illumining others. As a result, we define a limited time and space as ourselves and suffer.

SELF illumines the entire universe and when we correctly identify ourselves with our original face we are relieved of all sufferings in the world.

ALL our thoughts come to an end at one point or the other and certainly during the deep sleep. When we wake up the thoughts starts coming one by one at a slow rate and the speed picks up as the day progress. EGO pervades these internal thoughts and keeps changing all the time. Some time we are happy and sometimes we are unhappy depending on the nature of change in the thoughts. This is due to wrong identification with the EGO.

SELF fills up the gap between the thoughts, sustains all the thoughts and illumine the absence of thoughts as well. Existence of mind is possible due to the presence of SELF and it appears sentient due to the presence of EGO. If we identify ourselves with the SELF, we will remain eternal without any change and we can enjoy the changes in the EGO.

It appears that we have a choice whether to identify ourselves with the SELF or with the EGO. In reality this is not true. EGO is the reflection of SELF in the mind. EGO is born when the subtle body gets involved in a physical body. On death of the physical body, the subtle body loses the ability to reflect SELF and therefore EGO is dead.

When a person gets enlightened and identifies himself with SELF, then also the EGO becomes as good as dead. Such a person is always situated in the SELF and does not have any trace of EGO. EGO continues to play the role but it is done with the awareness of its real source, SELF.

## Lesson 6: Inquiry on SELF and EGO

Session: H05

SELF has the inherent power of illusion which creates the universe just as we create a dream world without any effort. SELF together with this power of illusion is called God. God creates this universe consisting of inert objects. SELF enters the creation and appears as EGO in some group of inert objects.

Example: Both a clay pot and a glass pot are made from the same set of raw materials. While the clay pot does not have the ability to reflect the sun light, the glass pot has this ability.

Similarly, among all the inert objects created by God, some are refined enough to reflect the SELF completely. These are called human beings. These human beings create the eternal cycle of suffering due to ignorance. They assume that the reflection is the original and play the role of doer and enjoyer. As a result they suffer.

Example: Cloud is created in space. Clouds cause rain. Presence of rain water is a blessing to the living beings on the earth and they suffer if there is no rain. However, space remains unaffected whether it rains or not.

Similarly, SELF remains unaffected with respect to the events that happen in the universe because it is unattached. Mental or physical association with the objects of the creation is the starting point of suffering. EGO is assuming the role of doer and enjoyer and develops attachment to the creation leading to suffering. Only when a human being realizes that he is the SELF, which is ever detached, liberation is attained.

Every action will bring appropriate results. The doer of the action is bound to enjoy the results of the action. A human being is born in this world to enjoy the results of the past birth. He will live and continue to do action until death. He will be born again for exhausting the accumulated results of his past action. This cycle will continue forever until he gains knowledge that he is not the EGO and his real nature is SELF. When this happens, he will live joyfully until death and he will not be born again.

God creates this world for providing appropriate experiences to the living beings in line with their past actions. He sustains the creation until it is time for dissolution. Thus the cycle of creation, sustenance and dissolution continues forever.

SELF remains unaffected either by the action of the individual living beings or by the action of God.

Realizing that our real nature is SELF is the only purpose of inquiry. We should not carry on the inquiry beyond this point. It will not serve any purpose to continue our inquiry. SELF is not the enjoyer since it is not connected to any events that happen in the creation. EGO is an illusion therefore it is not the enjoyer. Therefore, many will be tempted to continue the inquiry to find out the real enjoyer. This is a futile exercise. After realizing that the appearance of the snake is an illusion and the only object that exists is the rope, it is irrelevant to discuss the nature of the snake or whether it is poisonous.

There is nothing other than SELF.

If this is the truth why does the Holy Scriptures talk about God, Living beings and the world?

In order to explain the unknown, the Holy Scriptures talk about things that are known and then describe them as non-existing. It is like finding an unknown value, in a math problem, using an imaginary variable called x.

Holy Scriptures is for all the human beings. If it had revealed the absolute truth in one sentence saying that SELF alone is real and rest are all false, most people will not understand the message. Therefore, for catering to people with varying degree of intelligence, Holy Scriptures describes the reality in different ways.

There are many steps in the spiritual ladder leading to enlightenment. The final step is to know SELF alone is the reality. For those who are not yet qualified to learn the final step, it is necessary to provide multiple rungs below the final step. Therefore, it is necessary for the Holy Scriptures to have a lengthy description leading to the final truth.

Example: A doctor after knowing the seriousness of the illness lies to the patient to boost his hopes. If the doctor reveals the truth that the patient may not survive more than few days, the patient will die of heart attack immediately. Instead, if the doctor lies to him that there is nothing serious, he may respond to the treatment and recover completely.

Similarly, most human beings are not in a position to grasp the ultimate knowledge that the universe is an illusion. Therefore, it is necessary for the Holy Scriptures to describe the same truth differently in a way that will help the human beings to get liberated from the artificial bondage.

Thus, we need to stop our inquiry after realizing our true nature and not question the methodology followed in the Holy Scriptures. It is similar to questioning the doctor on how he could tell a lie.



SELF is the real meaning of the word 'I'. Until we inquired into the meaning of the word 'I', we did not have clarity on this. Firstly, we analyzed the meaning of the words SELF and EGO and then we understood the difference between them. Then we understood the role of SELF and EGO with respect to our internal and external thoughts. Finally we made a thorough inquiry and it is now clear to us that our real nature is SELF.

We now need to study the nature of SELF to know about ourselves.

### 1. SELF is a witness

A person can be called a witness only when an event takes place in his presence and he is not involved in the event. For example, no one will be more knowledgeable about a murder than the person who committed the crime. However, he is not called a witness. Similarly, if a person motivates another to commit a crime and then simply observes the crime, he too cannot be called a witness.

In order to qualify for the position of 'witness', one has to be present at the scene of the crime and at the same time he should not have any role to play in the crime.

SELF is a witness. All that happens in our life happens in the presence of SELF. However, SELF is not the doer, enjoyer or the one who motivates any events. SELF is completely uninvolved and unconnected to every object, person and event in our life.

A witness to a crime may not be aware of all the facts concerning the crime. However, in the case of SELF, nothing happens without its awareness.

SELF is a witness to four events.

- (a) Presence of thoughts (Knowledge)
- (b) Absence of thoughts (Ignorance)
- (c) Beginning of the thoughts (Process of learning)
- (d) Non accumulation of thoughts (Observation without comprehension)

EGO is represented by thoughts that concern 'I' and 'mine'. Therefore, SELF is aware of the birth of the EGO and its death.

Birth of EGO: When a mirror is shown in front of the sun, a reflection is born. EGO is born when the subtle body comes into existence. Since the subtle body has the capacity to reflect SELF, EGO is born when the subtle body enters a physical body.

Death of EGO: On death of the physical body, the subtle body is not destroyed. However, since the subtle body does not have a place to hold on, it stops reflecting SELF. At this stage it can be said that EGO is in a state of hibernation.

On death of the physical body of an enlightened person, the subtle body merges with the cosmic subtle body of God. Therefore, it does not take another physical body again. There is no further possibility of continuance of EGO. Thus, it ends.

SELF is a witness to EGO claiming that it is the doer of all the actions and the enjoyer of all the results of the action. SELF is aware of this ignorance of the EGO. After gaining sufficient mental maturity, EGO gains the knowledge that it is a mere reflection of SELF and incapable of any action. This is liberation from the self-imposed bondage. SELF is a witness to such enlightenment as well.

It does not matter how the EGO gains knowledge. It may start running away from the world assuming the world is the cause of all the problems. Alternatively, world may be perceived as God and worshipped. Ultimately, the EGO has to realize that it is a mere reflection of SELF.

SELF is the witness to this imaginary bondage and liberation of the EGO.

## 2. SELF is the truth

SELF is the foundation on which the entire creation is projected as an illusion.

## 3. SELF is the knower

Everything in the creation consists of inert objects. The conscious principle that is seen in living being is SELF. When I say 'I know this pot', the real knower is SELF because it is the consciousness and it alone can know. However, it should be noted that SELF is one. There is only one knower as detailed in Module A.

## 4. SELF is eternal

SELF remains changeless at all times. It is beyond birth and death. It is beyond creation and dissolution of the universe.

## 5. SELF is complete in itself

SELF is infinite and by nature it is complete and fulfilled with joy. There is nothing other than SELF and it does not have any components or parts. It is ONE and it does not have any constituent elements.

When we gain this true perspective of SELF which is the meaning of the word 'YOU' in the essence of Holy Scriptures, 'YOU ARE THAT', then there is nothing more to be done and nothing more to learn. Life is joyful all the time.

# **Module: I**

## **Essence of Meditation**

## **Unit 01: Understanding Meditation**

**Number of Sessions: 12**  
**(I01 – I12)**  
**Number of Lessons: 7**

On completion of this unit, the student will be able to

- (q) Understand the role of Wrong Meditation in understanding ONE
- (r) Differentiate between Wrong Meditation and Direct Knowledge
- (s) Appreciate the relationship between the power to perform miracles and the direct knowledge.

**Notes to the teacher: (Ref 9.001 and 9.158 of the original text)**

### **Unit Test:**

### **Session I12**

1. Describe the four stages in knowing ONE.
2. What are the two types of right meditation?
3. Why Wrong Meditation is wrong?
4. What are the four disqualifications that prevent people from gaining the Direct Knowledge?
5. Describe the need for prescribing Wrong Meditation to those who have these four disqualifications.
6. Describe the method of doing Wrong Meditation.
7. What are the two possible obstacles for doing Wrong Meditation?
8. Discuss the difference between gaining Indirect Knowledge and gaining Direct Knowledge.
9. What are the three possible obstacles for gaining Direct Knowledge?
10. What are the differences between Wrong Meditation and Direct Knowledge?

All activities carried out by all human beings are always directed towards the only goal, Joyful Living, which can come about only when we know ONE. A large part of the journey towards Joyful Living involves refining the mind which happens intentionally or incidentally through these actions. People are bound to do action at all times. Such actions sharpen their mind making it eligible to inquire on the true nature of ONE.

Until this happens, people assume that they are working for the next meal, next promotion or for fulfilling any such materialistic objectives. Only after sufficient refinement of the mind, do people turn their attention towards inquiring about the nature of God/ ONE.

The Scriptures describe the nature of ONE. However, understanding these descriptions varies depending on the level of intelligence.

#### Stage 1: Not accepting the presence of ONE

Whatever is known is always changing. Everything had a beginning and will end one day. In this first stage, people are sure that there is nothing that is unchanging and eternal.

#### Stage 2: Accepting the possibility of the presence of ONE

When they hear from the Scriptures about the existence of ONE, which is unchanging and eternal, they start wondering about the possibility of its presence.

#### Stage 3: Knowing for sure of the existence of ONE

After completing the systematic study of the Scriptures, people come to the conclusion that there is ONE, which is unchanging and eternal. However they are not able to declare with confidence that 'I am that ONE'

#### Stage 4: Knowing, 'I am ONE'

After the practice of Inner Transformation involving meditation on the knowledge, 'I am that ONE', they become steady on the knowledge and declare, 'I am the unchanging and eternal ONE'.

People refine their mind continuously by involving in various actions across many lifetimes, until they are mature enough to start the process of knowing ONE. Refined minds, which are capable of receiving the truth about ONE, will ultimately reach the destination of Joyful Living.

The knowledge of ONE can come about only in refined minds. In order to refine the mind, meditation is an essential practice. Meditation will not give the knowledge of ONE. One has to inquire into the essence of the Scriptures for gaining the direct knowledge of ONE. Meditation prepares the mind and makes it eligible for inquiry and comprehension of the knowledge of ONE.

There are two types of meditation.

Type 1: Meditation on God

The Scriptures gives detailed descriptions of God. One may meditate upon God by praising the superior attributes/ qualities of God. This is the initial level of meditation, which facilitates the maturity of the mind.

This meditation makes a person eligible to receive the knowledge about ONE that is revealed in the Scriptures.

Type 2: Meditation on the knowledge 'I am ONE'

Even after gaining the knowledge, 'I am ONE', it is not easy for people to become steady on the knowledge. While dealing with the illusory world, they slip from their knowledge and suffer. In order to make the knowledge steady, the Inner Transformation process is essential, which is done through this second type of meditation.

This meditation involves remembering our true nature and reminding ourselves that the entire creation is an illusion.

Both these types of meditation are right types of meditation and they are required to be practiced for reaching the goal of Joyful Living by gaining the Direct Knowledge of ONE. There is a Wrong Meditation, which serves as a stepping stone for those who are not able to reach the final stage of realizing the knowledge 'I am ONE'.

Not every seeker of knowledge is eligible to gain the Direct Knowledge of ONE. There are four disqualifications described below which prevent people from gaining the Direct Knowledge. To such people, until they gain the required qualifications, Wrong Meditation is prescribed. Wrong Meditation will help them to gain the required qualifications and be ready to gain Direct Knowledge.

Wrong Meditation can be done while one continues to inquire and introspect which are the steps for gaining the Direct Knowledge.

## Eligibility to gain knowledge, 'I am ONE'

### 1. Absence of deep desire.

It is impossible to force knowledge on anyone. Actions can be forced on anyone. Only those who are mature enough can receive right knowledge through their own volition and not through any external force.

### 2. Presence of a strong notion, 'I am the body'.

Those who are very sure that they are the body cannot understand that they are ONE. They continue to be affected by the sense objects of the world since their sense organs are attracted by them and the mind is not strong enough to restrain the sense organs.

### 3. Absence of intelligence

Those, whose intelligence is not sharp enough to grasp logic and math, cannot comprehend right knowledge.

### 4. Absence of complete faith

The Scriptures declare 'I am ONE' but our personal experiences suggest 'I am this body/mind complex'. Until one gains sufficient faith in the Scriptures, the mind will not be able to comprehend the knowledge.

Gaining the knowledge that 'I am ONE' is not possible for such persons with the above four disqualifications. Activity based learning across countless births will make them eligible to receive the knowledge.

Only when they accept the authority of the Scriptures and validate the teachings therein through logic and their personal experience are they eligible to gain the knowledge, 'I am ONE'.

## Wrong Meditation for graduating from 'There is ONE' to 'I am ONE'

Seekers of the ultimate knowledge would have progressed to the level of learning that there is ONE. However due to the above mentioned disqualifications they may not be able to proceed to gain the Direct Knowledge, 'I am ONE'. For such people Wrong Meditation is prescribed.

Wrong Meditation helps in gaining additional knowledge without negating the earlier knowledge. 'This is a flower' – This earlier knowledge is not incorrect knowledge but it is inadequate knowledge. One has to gain more specific knowledge and get to know, 'This is a Rose'.

Similarly, to know that 'There is ONE' is not incorrect but it is inadequate. To progress from this inadequate knowledge to the complete knowledge of 'I am ONE', the practice of Wrong Meditation (Good Mistake) helps.

Example: If a student is not able to understand the steps explained by the math teacher in solving a problem, he is asked to write imposition of the solution many times until he understands the logic behind it. Solution to a math problem is to be understood and not memorized. However, when there is deficiency in understanding, memorizing helps as an intermediary step. Although memorizing a solution is wrong, it is recommended since ultimately it leads to understanding.

Wrong Meditation involves meditating upon ONE as if ONE is independent of the self. This is called Wrong Meditation because ONE is not different from SELF. However, the Scriptures permit and prescribe such Wrong Meditation since it helps those who are not able to reach the destination without this stepping stone.

Example: For elderly people, who cannot climb into a bus because the first step is too steep for them, a wooden step-stool is provided. This step-stool is not part of the real steps of the bus.

Similarly, for those who cannot reach the final stage of realizing 'I am ONE' through the right steps, this intermediary Wrong Meditation is prescribed.



Right Meditation is one of the essential steps to reach Joyful Living.

Wrong Meditation is an optional step prescribed only for those who are not able to comprehend the knowledge, 'I am ONE'.

After gaining knowledge that ONE exists, one has to gain the knowledge, 'I am ONE'. However, for many people who have the strong notion that they are insignificant living beings, such a declaration is not acceptable.

Therefore, they stagnate in the stage of praising/ meditating upon God. Wrong Meditation is prescribed to them so that they progress towards the goal by meditating on the attributeless ONE in the same way they used to meditate on God (ONE with attributes).

Example: A man thinks that he is a rat. The psychiatrist suggests that he should meditate upon the thought, 'I am a man'.

He has to understand that he is a man. It is a mistake to meditate upon this knowledge. However, the psychiatrist prescribes such a Wrong Meditation, since it will lead him to ultimately realize that he is a man.

Similarly, the Holy Scriptures recommend meditation on the knowledge, 'ONE is the consciousness', 'ONE is formless and nameless', 'ONE is eternal' etc with a view to understand the meaning of these terms. Although it is wrong to meditate on ONE as if it is a third person, it is recommended since it will lead them to realize that they are ONE.

Some of our mistakes lead us to the correct destination. Wrong Meditation is one of them.

Example: Two men see a sparkle of light coming from the keyhole of two different closed rooms. Both of them mistake it for a diamond and rush towards the rooms. One of them finds a diamond and another finds a glass piece.

To see a sparkle of light as a sparkle of light is correct. Seeing it as a diamond is a mistake committed by both men. However, such a mistake has lead one person to become rich and therefore the mistake can be classified as 'Good Mistake'. In case of the other person, the mistake is bad because he is disappointed at the end.

The end result enables the classification of the mistake as good or bad. Wrong Meditation is a case of Good Mistake because in the end it helps people realize they are ONE.

### Necessity of Wrong Meditation

ONE with the power of illusion is called God. People pray to God and meditate upon him by describing the various attributes of God. This step is essential to progress towards the ultimate understanding, 'I am ONE'.

ONE is without any attributes. To pray to ONE and to meditate upon the various attributes of attributeless ONE is a mistake. However, this is a Good Mistake since it will enable people to reach the fourth stage.

### Examples of Good Mistake

1. Mistaking fog as smoke, a person climbs the mountain to get fire and actually finds fire.
2. Following the rituals prescribed in various prayers will yield the benefit due to the strong belief even though the procedures are violated.
3. Wrong diagnosis but patient cured.

Prescribing the Good Mistake as a solution is not uncommon. People in general believe that hard work, sincerity, dedication to work and such positive qualities will get them material success in life. This is a mistake.

Results of any action do not depend on the quality or quantity of work done. The result accrues to a person solely depending on the good or bad actions done by him in the past.

However, this mistake of thinking that quality of the action determines the result is a Good Mistake because ultimately people become more intelligent and competent through their hard work. When the intelligence grows to the sufficient level, the revelation in the Scriptures that the result of an action does not depend on the quality of the inputs will be understood. Till people reach this level, they will continue to assume that their action is leading to the desired results. If the results are not in line with their expectations they attribute the failure to insufficiency of the effort. Such Good Mistake will ultimately make them work harder and better leading them to become more intelligent.

When they become more intelligent, they will be able to comprehend ONE resulting in Joyful Living.

Similarly, when people meditate upon ONE as if ONE is independent of them, they are doing a Good Mistake. Such meditation will prepare and lead them to the practice of Inner Transformation.

### Eligibility to practice Wrong Meditation:

1. Those who do not know the existence of ONE, cannot do this meditation. Those who are yet to start the journey cannot do this meditation. They need to inquire and ascertain the existence of ONE prior to commencing the Wrong Meditation of praying to the attributeless ONE.
2. Those who are steady on the knowledge, 'I am ONE' cannot / will not/ need not do this meditation. Such people have reached the destination of Joyful Living and therefore Wrong Meditation is irrelevant to them.
3. Those who do see the illusory nature of God are eligible only for the Right Meditation until they learn about the existence of ONE.
4. Those who are convinced about the existence of ONE, but think ONE as different from Self alone are eligible to practice the Wrong Meditation. Such people, who have not conducted enough inquiry or gone to the right teacher, can do Wrong Meditation until the external circumstances support proper inquiry.
5. Those whose intelligence is not sharp enough to discriminate between reality and illusion cannot comprehend ONE. Wrong Meditation is prescribed to such people.

### Impossibility of wrong ending

Even if a person starts praying to ONE as an independent entity during the Wrong Meditation, there is no possibility of slipping to the wrong knowledge on ONE. Since the person involved in the act is fully aware that he is following this intermediary prescription since he is not yet ready to gain the ultimate knowledge, 'I am ONE'.

Example: Since the person worshipping a statue of a God is aware that the stone represents God, he will not slip into the status of thinking God is an inert object like stone.

Similarly, those who practice Wrong Meditation are aware of their goal that they should identify themselves with ONE. Therefore, there is no chance that they will conclude that ONE is different from themselves.

### Method of doing Wrong Meditation

Any repetition of thought can be called as meditation. Repeating the thoughts about the attributeless ONE is Wrong Meditation. This will involve meditating 'I am ONE'. Such thoughts should be repeated until the current impression that 'I am the body/mind complex' is overwritten.

Therefore, it is essential that we have the ability to repeat and sustain identical thoughts in the mind.

ONE is beyond words and thoughts. It has to be meditated upon as something that is beyond words and thoughts.

There are two different ways in which Wrong Meditation is done. One is to meditate upon the affirmative attributes of ONE, namely that ONE is blissful, consciousness, eternal and truth. The second is to meditate upon the negative attributes of ONE, namely that ONE is formless, nameless and non-perceivable.

### Obstacles to Wrong Meditation

People in general have enough intelligence to understand that the stone to which they are offering prayers is different from God, which it represents. However, when it comes to Wrong Meditation, since the object of meditation is formless and unperceivable, higher order of intelligence is required to see the truth. Deficiency in the intellectual capacity is one of the obstacles to do Wrong Meditation.

Example: When there is an information overload and the size of the RAM is limited, the computer hangs.

Similarly, when a person with insufficient intelligence commences Wrong Meditation he may not be able to comprehend the ONE which is beyond comprehension of words and mind.

The second obstacle to Wrong Meditation is absence of a right teacher. It may so happen that the knowledge of the teacher is limited and he has a wrong understanding that the individual self is different from ONE. In such a case, the Wrong Meditation may not lead to the desired result of realization of ONE.

Indirect Knowledge of ONE is to know that there is ONE.

Direct Knowledge of ONE is to know, 'I am ONE'.

After spending time and effort on various activities that refine the mind, people start their inquiry on the Scriptures to know about ONE. Knowledge of ONE happens in two steps. The first step is gaining Indirect Knowledge and the second and final step is gaining Direct Knowledge.

Step 1: Gaining Indirect Knowledge.

Indirect knowledge can be gained by a matured mind. Initial part of the Scriptures prescribes the practices and rituals that are to be followed to make the mind matured.

There is no need to conduct inquiry as to what is actually prescribed in the Scriptures. It is enough to follow the traditions and customs that are handed down to us through the past generations.

All that is required is the faith that the Scriptures will ultimately lead us to Joyful Living.

Various descriptions of God are given in the various Scriptures. It does not matter which religion we follow or which personal god we worship. The only important factor is to have faith in God and follow the religious practices as prescribed by our elders and priests.

After spending sufficient time in the religious practice, the mind will be refined. Once the mind is mature enough, one gains Indirect Knowledge that there is ONE.

Thus, the requirements to gain Indirect Knowledge are:

1. Faith in the words of the teacher
2. Practice/ Action in line with the teaching

There is no need of the following to gain Indirect Knowledge:

1. Inquiry of the content of the Scriptures.
2. Inquiry whether teaching of the teacher is in line with the Scriptures.

Once the Indirect Knowledge is gained, one is ready for the next step of gaining Direct Knowledge.

## Step 2: Gaining Direct Knowledge

Once Indirect Knowledge, that ONE exists, is gained, one should embark on gaining Direct Knowledge of ONE. It is similar, to hearing about a foreign country (Indirect Knowledge) and actually visiting and experiencing (Direct Knowledge) the foreign country.

There is one important difference with respect to the Direct Knowledge of ONE compared to the Direct Knowledge of any other object. ONE is constantly experienced by everyone, even before the Indirect Knowledge of ONE is gained. Therefore, the moment one comes to know the declaration in the Holy Scriptures that 'You are that', it is normally expected that one gains Direct Knowledge.

Such instances do happen, although they are very rare.

Example: Ramana Maharishi gained Direct Knowledge of ONE after hearing the declaration of the Scriptures, just once.

Such rare instances are due to the extensive effort put in by the concerned individual in the previous births. Those who have put sufficient effort but not attained the Direct Knowledge in the previous births may gain it in the next birth without much apparent effort.

In general, even after hearing the declaration of the Scriptures, many do not gain the Direct Knowledge because they do not understand the declaration. One has to conduct detailed inquiry to comprehend the true meaning of the declaration, 'You are that'.

Thus, as opposed to gaining indirect knowledge, following are the requirements to gain Direct Knowledge.

1. Faith in the teacher and the Scripture
2. Deep inquiry into the teaching through application of logic and validating the teaching through personal experience.

Blind faith in the word of the teacher will not lead to Direct Knowledge. In order to inquire and comprehend the meaning of the declarations of the Scriptures, one should have the following qualifications:

1. A mature mind obtained through many life times of doing action
2. Indirect Knowledge gained by listening to the teaching of the revelations
3. A sharp analytical mind to question the teaching and validate it.
4. High level of intelligence to discriminate between real and false.

Normally, a person with the above qualifications will gain Direct Knowledge after fulfilling all the requirements.

However, many may not still gain Direct Knowledge. This is due to the presence of obstacles.

Example: Late in an evening, a teacher asks the students to memorize a particularly long poem and recite it from memory, before leaving home. Some students may not be able to recite the poem although they have memorized it well. This is due to presence of some obstacles in the mind. May be they are concerned that it is getting late to go home. However, on the next day, without any additional preparation, they will be able to recite the poem. The effort spent on the previous class in memorizing the poem is not wasted.

Similarly, all the efforts put in by the individual in gaining the Direct Knowledge does not get wasted. Due to the presence of one or more of the following obstacles, they may not gain the Direct Knowledge during their lifetime. However, in their next birth when the obstacles are removed, they will instantly gain Direct Knowledge, just as the students regain their ability to recite the poem without any additional effort.

Three types of obstacles:

Type 1: Past Obstacles

Type 2: Present Obstacles

Type 3: Predetermined Obstacles

Each of the three obstacles and the solutions to remove such obstacles are discussed below:

#### Type 1: Past Obstacles

Our strong past preferences will obstruct us from realizing the truth.

Thoughts in the mind originate from two sources. The first is an external source. When we interact with the external environments, our five senses report the presence of sense objects around us and this interaction create thoughts in our mind. However, such thoughts do not pose any threat to our knowledge nor do they obstruct us from realizing the truth. By now through our inquiry we would have realized the unreality of the world and therefore the thoughts originating from external source do not have any impact on us.

However the second source of thought is internal and they arise from our past actions. If we have created strong imprints of preferences in our past, they continue to give rise to thoughts which disturb us and prevent us from realizing the truth.

For example, if we were attached to our spouse, who is no more, the thoughts about the spouse will bind us to this world.

The solution to this obstacle is to meditate on the non-reality of the past since even the present is an illusion. Such meditation should continue till the strong imprints created in our mind by the past preferences are completely erased.

Example: A foot path is created across the field due to repeated walking of the people. Even after people stop walking on the path, it will continue to be present for a while until fresh growth of grass covers the path until it can no longer be distinguished from the rest of the field.

Similarly, although we do not take any action due to the influence of our past preferences, our mind continues to spring up thoughts for a long time depending on the strength of the preferences. When we meditate on the illusory effect of our specific past preference, slowly they will vanish and the mind will no longer will have disturbing thoughts.

Thus the first obstacle to Direct Knowledge is removed.

### Type 2: Present Obstacles

We might be still attached to some specific object or person in our life. While the Past Obstacle refers to an object which is no longer present, Present Obstacles refer to those objects which are still present and in continuous interaction with us.

This happens due to four factors.

#### Factor 1: Deficiency in dispassion

Normally, it is expected that a final level student of the Scriptures is completely free of attachment to the objects of the world. If there are deficiencies in dispassion then one will continue to be attached to some specific objects of the world.

Such attachment will prevent one from realizing the truth.

Withdrawing from the object of attachment and inquiry into the true nature of the world is the only solution to overcome this factor.

#### Factor 2: Deficiency in the intellect

Some may not have a sharp intellect that is essential to discriminate between the reality of ONE and falsehood of the universe. Such people should repeat the process of inquiry until the deficiency of the intellect is compensated.



Example: A bright student does one hour preparation for the exam. A dull student may have to spend 3 to 4 hours to prepare for the same exam.

Hard work can compensate the deficiency in the intellect.

### Factor 3: Over dependence on intelligence

If the intelligence is crooked, it will over analyze the truths revealed in the Scriptures. It should be understood that the logic is a supporting tool to be used to understand the content of the Scripture and it cannot be used to validate the contents.

One must have faith in the Scriptures and treat it as a primary source of knowledge.

Surrendering to the right teacher and following his instructions is the only way to overcome this factor.

### Factor 4: Wrong/ Negative thinking

Even after logical understanding of the content of the Scriptures, some people may continue to think that there are multiple truths and that only some of them are revealed in the Scriptures. They continue to give importance to the apparent discrepancies in the Scriptures and refuse to accept the ultimate truth.

Such people have to go back to their basics and study the scripture until there are no more doubts.

### Type 3: Predetermined Obstacles

This happens in rare cases.

Normally, after gaining the ultimate knowledge, people live life joyfully. At the end of their lifetime they discard the physical body. Their subtle body and causal body merge with God's subtle body and causal body respectively.

However, in certain cases, there will be a need for the subtle body to take one more physical body to exhaust the results of the actions done prior to gaining knowledge.

Suffering of the physical body and sufferings in the mind are the two types of sufferings that people undergo. Only the sufferings in the mind can be removed by gaining the ultimate knowledge of ONE. Sufferings to the body are entirely the result of our past actions. Normally the effect of past actions will lapse within one life time. In some cases this may continue for one or two more births.

In such cases, these accumulated results will function as an obstacle to gaining the knowledge. Only when the effect of this obstacle wears out, the person gains the ultimate knowledge. There is nothing to be done to overcome this obstacle except to wait. After exhausting the effect of the past actions, this obstacle is automatically removed and one gains the knowledge of ONE.

After the removal of the obstacles:

Once all the obstacles are removed indirect knowledge will culminate into direct knowledge. The essential steps of studying under the competent teacher and in depth inquiry are required. However, if these steps are completed in the past either in the current lifetime or during the previous lifetimes, then soon after the obstacles are removed direct knowledge will blossom. Any normal or abnormal experience may trigger the process of gaining direct knowledge and without much effort one will gain it thereafter.

## **Lesson 5: Gaining Direct Knowledge leading to Joyful Living Session: I07**

Conducting inquiry on the teaching 'You are that' is like seeding the field. At the appropriate time such seeds will grow into plants. Similarly, the inquiry will blossom in to knowledge at the appropriate time, although it may take many life times.

Example: A poor man is living in a hut which is constructed on a ground where one of his ancestors had buried lots of gold. This poor man is ignorant about the existence of such wealth. He will continue to be poor until he gains the knowledge of the existence of the wealth and puts in effort to dig up the ground.

Similarly, every one of us is living on the foundation provided by the immortal, blissful consciousness but most of us are not aware of it. Until we gain the knowledge that there is ONE and put in effort to inquire the truth we will continue to be mortals.

It may so happen that even after putting tremendous efforts, we might not gain the knowledge of ONE. Such efforts are never wasted. We will be closer to the truth corresponding to our effort.

We need a sharp instrument to dig out the sand to find gold. Similarly, we need sharp intellect to remove the coverings that is shielding us from perceiving the fact that we are ONE.

One has to progress through various stages before Direct Knowledge is gained. These stages are explained using the example of the poor man living in a hut built on a gold treasure.

The various stages of progress in knowing ONE:

1. Awareness of the suffering (The poor man should know that he is poor and he is suffering from poverty.) Many do not know that they are ignorant and they take many years to figure out that life is a struggle.
2. Eagerness to gain relief from suffering (The poor man should have eagerness to gain relief from poverty). Even when people acknowledge the presence of suffering they assume it cannot be avoided. As long as they do not try to avoid suffering, they will not commence their spiritual journey.
3. Knowledge that there is ONE. (The poor man should know the presence of the gold and its capacity to remove his poverty) Scriptures reveal the presence of the ONE. Unless people study the Scriptures, they will not know about the existence of ONE. In addition, they will not know that the knowledge of ONE will remove their suffering. For most people the word spirituality means praying to god for the removal of the suffering.

4. ONE is not seen. (The poor man cannot see the gold because it is covered by sand). Although ONE is self-revealing, people do not see it due to the impurities of the mind which prevent the perception of ONE.
5. Information that I am the ONE will not remove the impurities and reveal ONE. One has to do meditation to remove the impurities of the mind. (The information, although from a trust-worthy source, will not reveal the gold. One has to get involved in action to remove the impurities.)
6. The only way to gain knowledge is to inquire. (The only way to get the gold out of the ground is to dig) Gaining knowledge involves inquiry of the content of the Scriptures under the guidance of a competent teacher.
7. Sharp intellect to conduct inquiry. (The poor man should have a sharp crowbar to remove the covering – sand – on the gold) Calm mind is essential to conduct inquiry. Meditation is a tool to make the mind calm and peaceful so that the inquiry can be fruitful.
8. Understanding that the meaning of the word 'I' is not the physical body. (Removal of loose soil and small stones closer to the ground)
9. Understanding that the mind is also not included in the meaning of the word 'I'. (Removal of the hardened earth below the loose soil)
10. Removal of the attachment to the world (Loosening of the tightness of the deeper sand covering the gold)
11. Repeated inquiry until ONE is seen as the meaning of the word 'I' (Hitting the crowbar on the ground once is not enough. The effort should continue until the gold is reached)
12. Work done in one lifetime is not wasted. The effort spent will be carried forward to the next life time and one can continue from when he left. (Suppose the poor man could not complete the job in one day, he can take a break and resume the work on the following day from where he left)
13. Knowing the ONE as I am will remove all the suffering and ensure Joyful Living. (Gold once obtained will remove all the poverty and ensure the pleasure of riches)

Everyone and everything is ONE but only those who have gained the knowledge of ONE sees this truth. Status of such a person is described below:

1. Mind, body and the external world, do not disappear on gaining the knowledge that all these are part of an illusion. Therefore, even after gaining the knowledge, one will be able to use the body/mind complex and interact with the world. The desire to do any action will be present but will not be binding. As such unfulfilled desires will not lead to suffering.
2. The desire among people, who do not have knowledge of the ONE, comes from their ignorance. They are not aware that the objects of the world do not have any power to give happiness. Desire among wise people who have gained knowledge of the ONE comes from their preferences.

3. Only good qualities will remain in the wise man since while purifying the mind for gaining knowledge all bad qualities would have got eliminated.
4. The desires of the wise man are unselfish and they coincide with the will of God. Actions born out of such desires pave way to the fructification of the results of the past actions of the wise man and others who are affected by such action.
5. There are no rules and restrictions for a wise man. He can live life the way he wants. This is because his wants will always be good for himself and others since his mind is fully refined and he has the knowledge of the illusory nature of the world. Since he does not want anything from the world for gaining happiness all his actions will be out of happiness and therefore they are bound to be good.
6. Wise people are beyond any rules just as babies are beyond any rules. It will be meaningless to impose a rule on a new born baby to stop crying or stop shaking his hands/legs. Such a rule has no meaning to the baby. Similarly, the wise man does not have any meaning for rules and regulations.

A newborn baby does not know anything and the wise man knows everything. The rules and regulation are not relevant to both of them. Only those who have half-baked knowledge (everyone in the world who has not gained knowledge of ONE) require rules and regulations.

7. When the wise person experiences the dualities of the world he can recollect the knowledge that the world is an illusion. This is similar to an enlightened person working as a bank manager instantly switching his role to become a father when he receives a phone call from his son while at work. Thus, wise men are never affected by the events of the world.
8. Since the wise person knows that the world is an illusion he will not have any desire to gain anything from the world. Therefore, he may not initiate any action although all the instruments of knowledge/ action are available to him. However, he will be involved in action in line with the fructification of the results of his past action. He may spend his time doing something or he may remain withdrawn from the world. Either way there is no desire in him to pursue or withdraw from the worldly affairs.

Wrong Meditation is an optional step to gain Direct Knowledge. Wrong Meditation involves repetition/ retention of the thoughts about ONE in the mind. Direct Knowledge means, knowing the meaning of the word 'I', which is ONE.

Differences between Wrong Meditation and Direct Knowledge are listed below with the view to understand both these terminologies completely.

1. Wrong Meditation is the means. Direct Knowledge is the end.
2. Meditation is an action while Knowledge is not. Only action can make changes in the external world and in the mind. Knowing that the mirror is dirty will not remove the dirt. Similarly, if our mind is impure, knowing it to be impure will not make it pure. One has to perform the action of meditation to remove the impurities and thereby pave the way for knowledge.
3. The quality of meditation depends on the person who is meditating and it varies from person to person and from time to time. Knowledge of the truth is constant and does not vary from person to person or from time to time.
4. Meditation can be compared to an art while Knowledge is comparable to science.
5. There are multiple ways to do meditation. There is only one way to gain knowledge.
6. Meditation depends on the ability of the person to retain the same thought. The person who has gained knowledge of the ONE does not have to meet this requirement although he might have the capability since he would have meditated earlier.
7. For a person in the meditating stage, the process of inquiry to gain knowledge is a necessary subsequent step. A person who has already gained knowledge of the ONE may or may not do meditation. Meditation is an optional pastime for such a wise person. Since he has already reached the destination of Joyful Living, he has no need to do any meditation.
8. For the person meditating, the world is real and therefore the thoughts in the mind are also real. Therefore, there are good thoughts and bad thoughts. For the knower of the truth, the world is an illusion. Therefore, thoughts in the mind of the knower do not disturb him because they belong to a lower order of reality.

9. To perform any action well, all the five layers of our personality should be integrated. Our mind and body should be in a fit condition. Additionally, the external world should be conducive. The quality of an action depends on these three factors. Since meditation is an action, it also depends on these three factors. Knowledge of the ONE does not require any of these factors nor does it make these factors disappear. One may suffer from fever and still the knowledge of ONE is not affected. The knowledge that the world is an illusion does not affect these three factors in any way. Such knowledge is not an essential condition to perform the action well, although people with the knowledge of ONE tend to perform the actions well.
10. A person who is meditating has knowledge as his goal. For a person who has the knowledge of ONE, doing meditation is an optional action.
11. The object of meditation cannot be forgotten. One will always remember that he is meditating on ONE for the purpose of understanding ONE. In case of a knower of ONE, the thoughts that he is ONE will not be constantly present in his mind. As and when the situation demands, he can recall his knowledge.

Imagine a wife who delights herself in the thoughts of her paramour, while doing the house hold work. Since her attention is not on the work, although she may complete the work, she may not have done it perfectly. Similarly, a person who is meditating on ONE, may not be able to live his life perfectly.

A person, who has the knowledge of the absolute, is ever at ease and enjoys every moment of his life. There is no contradiction between the knowledge of the absolute and the changes in the observable universe. The events of life belong to a lower order of reality and therefore he will deal with them effectively like an adult playing a game with children. For the children, the game is life. For the (wise) adult life is a game.

As and when the thoughts pertaining to the realm of suffering enter the mind of a wise person, the knowledge that he is ONE is remembered and therefore, there is no suffering.

12. There are rules and restrictions with respect to meditation. Knowledge is beyond all the rules and restrictions.
13. Meditation on ONE should be done until the knowledge of ONE is gained OR until death. Knowledge of ONE is like any other knowledge. It stays forever, once gained.

14. At the end of the meditation on God, the object of meditation will disappear. This is so because object of meditation is created by the person doing the meditation and therefore it will not be available on completion of the meditation. In case of meditation on ONE, when the meditation culminates into knowledge the object of meditation will become the subject.

Knowledge of an object does not change it because it was not created by knowledge. If we know the pot is just a name and form and the real substance in the pot is clay, pot is not destroyed. We have the knowledge that the pot is made up of clay. This knowledge does not change anything. Similarly, the knowledge that the world is an illusion will not make the world disappear. The importance given to the world by the mind alone will change. After knowing that there is no water in the mirage, we will not run towards or run away from it.

15. A person who is meditating that he is not a mouse will not be scared of cat while doing the meditation. However, soon he will return to his normal state of getting scared of the cat until he gains the knowledge that he is a man and not a mouse. When he knows that he is a man and not a mouse, he no longer needs to retain such thoughts in the mind. He will not get scared of a cat ever. Similarly, in the case of the wise person, who is aware that he is ONE, will not need to repeat the fact that he is ONE all the time. Even if he is immersed in the activities of the world as if he is an ordinary man, he will not suffer any negative emotions since he can bring back the knowledge that he is ONE as and when required.

16. Meditation is done until all the bad preferences stored in the mind disappear and give way to the good preferences required to gain the knowledge.

Example: While making sambar, it should be boiled until the smell of all the individual ingredients is removed and the good smell of sambar alone is present. If the sambar is not boiled enough the smell of perungayam might spoil the taste of the sambar.

Similarly, all the bad preferences are to be eliminated through meditation. If the person dies prior to the removal of the bad preferences, then the meditation will continue in the next birth until the mind is purified to receive the knowledge.

17. Meditation is essential to prepare the mind to receive the knowledge. However, the knowledge is not essential to do the meditation.



18. A person while traveling in the path of may be in a hurry but after reaching the destination he will be restful. Similarly, during the phase of meditation one may behave abnormally but after gaining the knowledge of the absolute, he will become normal.

Example: Ramakrishna Paramahansa used to dance in ecstasy while praying to goddess Kali. However, on gaining knowledge he was like any other normal person.

During the meditation the mind is focused on a specific object and is not available for dealing with the external world. If we interact with a person who is in deep meditation, his response will be abnormal. After gaining knowledge the negative emotions in the mind will no longer affect the person but during meditation the mind is not aware of any external events.

19. Meditation is not necessary when the mind has enough capability to understand the words of the other. Although most educated people have this capability to understand the communication, they do not understand the content of the Scriptures because they do not have faith in the source of information. Meditation will not be of any help to such people. They need to develop faith and not spend time on meditation. Meditation is only for those people whose mind is wavering and not able to concentrate on the topic that is being taught.

20. Both meditation and inquiry are prescribed in the Scriptures. However, those whose mind is restless cannot perceive the Scriptures as a valid source of knowledge. Therefore, they have to follow the words of the elders and practice good virtues and avoid bad qualities. Then during the course of time they can take up meditation and prepare the mind. After this stage, as and when they give the status of 'source of knowledge' to the Scriptures, they will embark on the inquiry and will ultimately gain the knowledge of ONE.

Understanding the nature and purpose of meditation is essential. When a person knows the differences between knowledge and meditation, there is no risk of getting lost in the process of meditation. One may not stray into the possible deviations like attempting to gain the power to perform miracles through meditation.

Once the mind is matured through the process of meditation, one will immediately commence the process of inquiry into the Scriptures leading to Joyful Living.

Meditation is the process of refining the mind. Well exercised body gains strength. Similarly, a well-trained mind becomes very powerful. A person with sufficient physical strength can kill another with a single blow. A person with sufficient mental strength can kill another with a single thought.

A refined mind can be made very powerful and such powers may lead to performing miracles. However, the purpose of meditating should be to make it refined for the purpose of receiving knowledge. Since both knowledge and miracles require meditation as means, it is quite possible that some people may end up with either one of them or with both.

Example: Most of the subjects to be studied by a student appearing for the Cost Accountancy Exam are common to the subjects of Company Secretary Exam. Therefore many students study for both these courses simultaneously. They may not know in which exam they will qualify first. It is possible that some of them will become only Cost Accountants and some of them become only Company Secretaries and some may get both the qualifications.

Those who gain the power to perform miracles prior to gaining knowledge may continue their inquiry and gain the direct knowledge of ONE. Else they may abandon their pursuit and try to be happy with their power to perform miracles.

Those who gain the knowledge of the absolute prior to gaining the power to perform miracles will not have any inclination to pursue the meditation any further. Since they have reached the goal of Joyful Living, they may not put in any more effort to gain the power to perform miracles.

Some may gain both the knowledge and the power simultaneously.

The power of the mind to perform miracles is of two types. In the first type, the self is the only beneficiary. For example, using such power, one may walk on water or convert copper into gold. The second type will involve affecting others. Black magic and curing diseases of others are the examples of the second type.

The first type of power is useless because it does not lead one to Joyful Living. The second type of power is wasteful because it only makes superficial impact on the lives of the other people. No one can change the past actions. Everyone has to enjoy/ suffer the results of their past actions. Getting a curse or blessing from a powerful person will be effective only if they coincide with the fructifying results of the past actions of the concerned individual.

Besides the innocent people who do not know the difference between knowledge and such power will be misguided.

Example: Jesus Christ had the knowledge and the power to perform miracles. Although he tried to teach people through his sermons, they did not spend the required time and effort to gain knowledge. They were keen on becoming the beneficiaries of the miracles of Jesus Christ and did not pursue the path of knowledge. Therefore, the power to perform miracles diverts the attention of the people.

There were many people living at the time of Jesus Christ, who assumed that he was doing black magic. They could not see the wisdom of Jesus Christ because they were carried away by his 'anti-god' activities.

Thus, people are distracted by miracles and they forget the real objective of meditation, namely to refine the mind for gaining the knowledge of ONE.

The power to perform miracles is an incidental and unwanted diversion to a person seeking Joyful Living. Meditation is an essential step to be completed to reach the destination of Joyful Living. However, one should not get diverted to the power to perform miracles. One should have enough dispassion towards such powers.

In this connection following points with respect to the power and knowledge should be noted.

1. Knowledge is not qualified by the power to perform miracles. The knowledge of a person who does not have the power to perform miracles is not in any way inferior to the knowledge of a person who has both.
2. The person who has the knowledge is superior to the person who has the power to perform miracles because he has reached the ultimate goal of life. Whereas, the person who can perform miracles has to work harder to gain knowledge. He has a long way to go, while the person with the knowledge has reached the destination.
3. Cursing and blessing will be effective in case of a person with mental powers. A person with only knowledge does not have such powers. A person with both knowledge and power will not be cursing or blessing anyone because he is aware that he is only a tool.
4. After gaining the power to perform miracles through meditation, if people stop pursuing their inquiry to gain the knowledge of ONE then their powers have become obstacles to their progress. They are not any different from those who are stuck to material pursuit and not yet commenced spiritual pursuit.

5. Those who have gained the knowledge will have the power not to pursue the power to perform miracles or bless/ curse people.
6. Common people who do not do any meditation but are in material pursuit may look down at people who are doing meditation for gaining powers to perform miracles. This will not affect those who are pursuing various powers through meditation. Likewise, people may look down at a person who is pursuing knowledge but not the power to perform miracles. This will be ignored by the people who are pursuing the path of knowledge.
7. Those who have gained knowledge of ONE may not know everything about the illusory world. Only God knows everything about the creation and the wise person is like any other persons with respect to the worldly knowledge. He cannot read any one's mind nor can he forecast the future. If a wise person happens to have such powers, they are due to his meditation done prior to gaining knowledge and not the result of gaining the knowledge.
8. To gain the power to perform miracles, meditation alone is sufficient. However, to gain knowledge, meditation is a preparatory step for the main task of inquiry into the messages of the Scriptures. Thus, meditation is a common step for gaining the power to perform miracles and for gaining the knowledge of ONE. The main purpose of meditation is to prepare the mind so that it can do the required in-depth inquiry and gain the knowledge of ONE. The secondary purpose of meditation is to prepare the mind to gain powers to perform miracles, as a joint product.

Gaining the power to perform miracles is very hard and they are not worth the effort. The mind will get matured to receive the knowledge with less effort compared to the effort required to gain the power to perform miracles. One should stop the process of meditation after gaining sufficient maturity and commence the process of inquiry as soon as possible. That is the only path to Joyful Living.

# **Module: J**

# **Essence of Life**

**Unit 01: Understanding Life**

**Number of Sessions: 5  
(J01 – J05)  
Number of Lessons: 4**

On completion of this unit, the student will be able to

- (t) Understand life
- (u) Understand the cause of suffering leading to liberation.

**Notes to the teacher: (Ref 10.01 and 10.26 of the original text)**

**Unit Test:**

**Session J05**

11. Give the list of the examples centering on the dance performance and how they are compared to our life.
12. What is bondage?
13. What is liberation?
14. What are the three dimensions from which the truth is explained by the Holy Scriptures?

## Lesson 1: Understanding life

Session: J01

Life can be compared to a dance performance as detailed below:

A dancer is dancing on the stage.

She initially starts the dance to the tune played by the accompanying musical instruments.

There is a huge audience watching the dance performance.

As the time progresses, the dancer starts dancing to suit the mood of the audience and the accompanying instruments start supporting the dancer.

The dance director who has organized and directing the dance is also watching the dance performance. He takes the credit for the good performance of the dancer and feels bad if the performance is bad.

A bright light which is fixed in the auditorium illumines the director, dancer, accompanying instrumentalists and the audience.

While there is a continuous change in the stage, dancer, accompanying instruments and the audiences, the only unchanging object is the light which illumines the entire show.

Life is compared to this dance performance as follows:

Auditorium:	Universe
Stage Settings:	Our physical body
Dancer:	Our mind
Dance movement:	Thoughts in our mind
Mind of the dancer:	Our intelligence
Accompanying Instruments:	Our gross sense organs
Accompanying Instrumentalists:	Our subtle sense organs
Audiences:	Sense objects of the world
Dance director:	Our Ego
Light that illumines the Auditorium:	Our real self
A dance item:	Our life

A dance item depicted by the dancer is an interaction of all changing objects of the universe. It is an entertainment and does not affect the light in any way. Similarly, our real self is not affected by the interaction of our body/mind complex with the rest of the creation. Life is a mere entertainment.

Without the light there is no dance program. Without the self, there is no universe.

The existence of the light does not depend on the show. It illumines the presence and the absence of the show.

Similarly, our real self is complete with joy and it is ever-fulfilled. It is non-dual, changeless. It does not depend on life for existence nor for entertainment.

Self is the only reality. Using its power of illusion, it appears as multiple living beings and as the inert universe.

The apparent differences between the living beings are due to the difference in the illusory form and name.

Example: Milk-sweet is sold in different forms with different names. There is no difference in the content. Children are attracted to the name and form and do not know that everything is one and the same milk-sweet.

Due to ignorance human beings are attracted to the name and form of the body/world and do not understand that in the essence everyone/ everything is ONE.

As a result, they continue their efforts of performing the dance program. The performance happens endlessly from birth to death and the birth/death cycle continues eternally until knowledge of the truth is gained.

Through sincere efforts in improving the dance performance, individuals gain matured mind. Then they do the performance for the sake of God and not for the audience. When they do that, they are endowed with the enough intelligence to inquire into the truth.

When such a desire to know the truth becomes serious enough, they seek competent teachers teaching various religious scriptures of the world. The inquiry will finally lead them to the truth that life is an illusion of light and sound. When the truth is known, they start identifying themselves with the only reality, namely the ONE and disregard the creation, which is an illusion. This is liberation.

Until one is liberated, each person is deluded to think that he is the director of the dance program responsible for the performance of the dancer, his mind. They feel happy when the performance is good and feel miserable when the performance is bad. This is suffering or bondage to the objects of the world.

Thus, bondage is to think of the non-divisible ONE as multiple objects of the world and to think that the SELF, which is always joyful, as the embodiment of suffering. Perceiving the duality and the resultant suffering is bondage.



Liberation is to be our selves.

This is possible by learning our real selves through the Scriptures, taught by a competent teacher.

Our true nature is joyfulness. Joy is filled to the brim and there is nothing else other than joy.

The only cause of our suffering is our ignorance of this truth. The only way we can gain liberation is to conduct inquiry and find out the truth of our real nature with the guidance of competent teachers in line with the Scriptures.

Thus, both bondage and liberation are also part of the illusion. We are not really bound to sense objects of the world. Therefore, the liberation from the bondage is also an illusion.

Example: A child wakes up from sleep, crying, 'my hands are tied'. A shrewd mother may not explain to the child that it is part of the dream and the hands are not really tied. Instead, she may 'untie' the hands of the child with appropriate action and 'free' the child from bondage.

Unfortunately, it is not possible for our teacher to free us in a similar way. It is necessary that we need to understand the illusory nature of bondage and gain liberation.

The Scriptures describe our real self from three different dimensions.

Dimension 1: Who is the human being?

Dimension 2: What are all his main instruments that come with him?

Dimension 3: Description of the activities done by him using these instruments.

The one who thinks that he is an independent entity separate from the world is the human being. The body/mind complex is the main set of instruments, which includes the five sense organs and five action organs that come with a human being. It is the nature of the body/mind complex to be in action all the time. They will be undergoing constant change.

The one, who thinks that he is the body/mind complex, naturally assumes the ownership for all its ceaseless actions. He says, 'I have done that, I am doing this and I will do that' and he claims to be the 'doer' of all the actions. He is not aware that he is not capable of thinking or acting. The movement of thoughts in his mind and the internal/ external movement of his body including what he talks and hears are all happen as a part of the illusory light and sound show.

Example: In a boxing championship, the spectators identify themselves with either one of the boxers and go through emotional ups and downs as if they are inside the ring, fighting the opponent. The two boxers are fighting with each other and the spectator is a mere witness. However, the spectator reacts as if he is inside the ring and fighting for the cup. The winning or losing of his hero is seen as his own victory/ loss.

Similarly, the entire universe is a light and sound show. In ignorance, we identify ourselves with a small physical body and claim independent existence. This is the cause of all suffering.

Thus, the 'doer' is the 'human being'. The 'doer' is an imaginary status assumed by the ego of the individual just as the director of the dance assumes ownership for the performance of the dancer.

The consciousness illumines the doer, the instruments of the doer and the actions. The consciousness is a mere witness and does not create or induce the events.

This timeless consciousness, which is all pervading, is our real nature.

The creation is an illusion of light and sound. A small part of this illusion assumes the role of 'doer' doing various 'actions' using the instrument, 'body/mind complex'.

Such actions can be divided into physical action and mental action.

Physical actions are subdivided into internal actions and external actions.

Mental actions are also subdivided into internal actions and external actions.

### **Internal Physical Action**

This is driven without the involvement of the mind. Examples of such internal physical actions are blood circulation, digestion, breathing etc. From the time of conception, such actions continue to happen until death. Even after death, internal physical actions do not stop completely. The body starts deteriorating and disintegrating until it merges back into the five elements of the nature.

Even birth is a name given by us, as if the movement has just then started. If we analyze deeply that the cycle of birth and death is the part of the bigger cycle involving our entire universe. The rain bearing cloud seeds the ground with the vitality that enters the male bodies through food. The conception and formation of a human cell is just part of this giant movement.

### **Internal Mental Action**

All thoughts of 'I', 'My' and 'Mine' constitute Internal Mental Action.

### **External Mental Action**

All thoughts about the external objects/persons of the world are called External Mental Action.

### **External Physical Action**

This is further subdivided as Inflow Actions and Outflow Actions.

Inflow Actions are carried out by our five sense organs namely, ear, skin, eye, tasting tongue and nose.

Outflow Actions are carried out by our five action organs namely, hands, legs, organs of procreation, organs of digestion and speaking tongue.

The universe is filled up of various sense objects. The External Physical Inflow Actions using the five sense organs perceive a particular aspect of the sense object and communicate the same to our mind.

This causes External Mental Action of flow of thoughts in the mind. Appropriate responses to the inputs are decided by the mind and sent out as signals to External Physical Outflow actions.

Thus, the External Mental Action is caused by the external sense objects that are present within the reach of our sense organs. The External Physical Outflow Actions are induced by the External Mental Action.

Thus, the universe causes the External Physical Inflow Action which in turn causes the External Mental Action, which triggers the External Physical Outflow Action.

Internal Mental Action, namely the thoughts of 'I', 'My', and 'Mine' have no role to play in the above cycle. The Internal Mental Actions are called the functions of the ego. The ego has no role to play in all the apparent actions. Actions are part of the illusion and ego is claiming a small portion of such mass movement by labeling it as 'my actions'.

We do not think. Thoughts come to us.

We do not respond to our thoughts. The choices that we seem to make are part of the illusion. Some of the thoughts induce physical action and the cycle continues without any role played by the ego.

Ego thoughts are the thoughts that we are this limited body/mind complex. Just as the External Thoughts give the representation of the external objects, Internal Thoughts paint a picture of the imaginary non-existent 'doer'.

When a rose flower is presented to us, our sense organs report the fact to our mind. Then the thought of the rose creates a thought-rose in our mind. In response to this, 'I like this rose' or 'I want this rose' or 'why this was presented to me' appear in our mind in line with our past accumulation of our preferences towards rose. Accordingly, the mind initiates thoughts like, 'give a kiss to the rose' or 'through it into the dustbin' which gets converted into physical action. Ego has no role in any of these cycles but assumes that it is the organizer of the whole show.

Just as the fixed light illumines the director, dancer / supporting orchestra and the audience, the consciousness illumines the 'doer', the action by the body/mind complex and the external sense objects.

Life is so intelligent as to make the mind believe that it is responsible for the actions and the ego suffers for the shortfall of the action by the mind. The difficulty in understanding this part is due to the fact that one has to use the very same mind as the instrument and as the object on which the instrument is to be used.

Therefore, people who do not have sufficient level of intelligence cannot understand the teachings of our Scriptures. As a result, they will be assuming the status of the dance director. All the thoughts in the mind are like the dance movements of the dancer. If the movements are nice and elegant, the dance director feels proud. Else he feels bad that the dancer is not dancing properly and he needs to do something to improve the performance. However, the fact remains, that the dancer is dancing to the mood of the audience. Although, in theory the organizer of the event is the director, the dancer switches her allegiance to the audience, even before the beginning of the dance. As a result the audiences determine the quality of dance. Similarly, the objects of the world determine the response of our mind and the ego has no role in it. Without this knowledge, people suffer.

The accompanying orchestra also supports the dancer who is dancing to the mood of the audience. Similarly, the sense/action organs function according to the sense objects of the world. The ego has no role in it.

If the dancer is mature, we can expect a quality dance even if some section of the audience wants her to dance to their poor taste. Similarly, if the mind is mature, the sense organs will not have the power to pull it towards unwanted and unwarranted action.

The light continues to illumine the auditorium during the break between the dance items. Even after completion of the entire program the light continues to illumine even though there is no one in the auditorium. Similarly, the consciousness illumines the body/mind complex during deep sleep when the ego is totally absent. Birth and death of the physical body is illumined by the consciousness. Creation and dissolution of the universe is also illumined by the consciousness.

We need to understand the oneness of the universe and its illusory nature. Universe is inert. The ONE on which the universe is superimposed is the conscious principle.

We are aware that we are conscious. Therefore, we are the ONE. It is not possible to understand the all pervasiveness of the ONE or the eternal nature of ONE because even 'space' and 'time' are part of the illusion.

Example: An archeologist found a coin belonging to the period 2008 BC

It is not right to expect the coin to bear the year '2008 BC', since in 2008 BC it is not known that Christ will be born 2000 years hence. Similarly, Direct Knowledge of ONE does not mean that we will perceive ONE in the same way we perceive other objects of the universe.

The Scriptures and competent teachers do not reveal us the ONE. They merely tell us that we cannot understand ONE. Our search to find the truth of ONE will end when we realize that we are the ONE. To learn that there is nothing to learn we need the help of the Scriptures and competent teachers.

Example: In an airport, before boarding the plane one has to identify his baggage. This identification process does not bring about a new suitcase. It merely requires one to make a claim, "This is mine", pointing at a suitcase which belongs to him all the time.

Similarly, the Scriptures and competent teachers do not create any new entity within us. They merely help us to claim, "I am ONE" after realizing that we were ONE all the time.

If the dance movement turns out to be bad, the dancer will blame the audience. Similarly, if our mind has anger, sorrow and such negative thought patterns, the mind will blame the sense objects of the universe. It is natural that the sense objects determine the thought patterns.

The dancer will continue to impress the audience by her dancing skills. Similarly, our mind will continue to entertain thoughts that are focused on satisfying the pull of the sense objects.

The dancer will continue to dance to the mood of the audience. Similarly, it is natural that our mind continues to sway in tune with the objects that we experience. It is not possible nor expected that we stop the movement of thoughts in our mind. The dance of the universe is unstoppable and eternal. The thought pattern in our mind is the part of this universal dance.

Instead of attempting to stop or modify the dance by controlling the dancer one should resign the post of the director and assume the role of the witness. The truth is that the dancer never had any intention to dance according to the wishes of the director. The director is deluded to think that the dance movements of the dancer reflect his direction. In reality, a light and sound show is happening and we are the changeless conscious principle which merely supports the ever-changing illusion.

If we identify ourselves with the dancer, then we will swing between positive and negative emotions as determined by the audience. If we identify ourselves with our true position, the lamp that illumines the entire show, we can enjoy the show and be always joyful.

Example: The words 'day' and 'night' do not have any meaning if we are living in the sun.

Similarly, for a wise person who has identified himself with the sun, the words 'pleasure' and 'pain' have no meaning.

Life is an entertainment. The sense objects will continue to dictate the physical and mental action. I remain unaffected as I am the joyful witnessing consciousness. I will not own up the dance performance but my role is limited to illumining the dance.

There is a break/interval between each dance item. The stage setting is changed for the next performance. The very same dancer comes back in a different costume. Similarly, there is a break/ interval between death and birth. The physical body is changed after every death. The very same mind comes back in the new body and the dance continues. This is the eternal dance of all the living beings until they attain liberation through gaining knowledge.

The creation is the eternal dance of God. There is nothing to change or control in this dance. My physical body and mind are part of this dance. I am not the dancer. I am the witness of this illusion.

Example: If there is replica of a tiger in my room, I will not be able to live peacefully unless I understand that it is a model. As long as I think that it is a real tiger, I will not be able to sleep.

Similarly, as long as we do not know that the world is an illusion, we will continue to suffer. When we realize the real nature of the world, life will become joyful.

There is nothing more to learn and nothing more to do. One shall enjoy life, which is a well-integrated part of the illusory movement. One does not have any duties or responsibilities. Changes are part of the illusion and we are the changeless joyful witnessing consciousness.

# Module: K

## Joy of Unity



## Unit 01: Understanding the Unity

**Number of Sessions: 10**  
**(K01 – K10)**  
**Number of Lessons: 7**

On completion of this unit, the student will be able to

- (v) Understand that unity of the truth and diversity of the illusion.
- (w) See that multiple levels of happiness are mere reflections of our original nature and live joyfully.

### **Notes to the teacher: (Ref 11.001 and 11.134 of the original text)**

This chapter is titled as Bliss of Yoga. The Yoga is to be explained as the process of identifying multiple objects of the world with the single source ONE.

Students are aware of the universe since they perceive it with their five senses. They do not perceive nor do they have the knowledge of existence of the ONE. Through the known universe they need to be taught about the unknown ONE and shown that the known universe is an illusion and hitherto unknown ONE is the only reality.

### **Unit Test:**

### **Session K10**

15. Why do people seek fulfillment?
16. What are the five mistakes committed by most people?
17. What is the only way of overcoming these five mistakes?
18. What are all the difference between a wise person and others?
19. What are all the four different levels in which we experience pleasure and pain?
20. Why does the Holy Scriptures refer to most people as 'children'?
21. What is the three-fold division of the single source of joy?
22. Is it possible to go beyond this three-fold division and enjoy our natural happiness?
23. How do we prove that joy is our basic nature?
24. Discuss the relationship among three types of happiness, namely Original Happiness, External Happiness and Internal Happiness.
25. Explain the process of falling into deep sleep.
26. Explain the movement of EGO as described through the example of ice berg.
27. How do we know that there is a Happiness Sheath?
28. Why the vision of a wise man is compared with single vision of the crow?
29. How the life of a wise man is compared with the experience of a man standing in the river?

SELF and ONE are identical just like space inside the pot and space outside the pot are identical. When we talk about capacity of the pot, enclosed space within the pot appears to be different from space outside the pot. In essence, there is no difference.

Similarly, the consciousness that enliven all our body/mind complexes is only one. In the context of the individual body/mind complex, this consciousness is referred to as SELF and in the context of the universe the very same consciousness is referred to as ONE.

Human beings are ignorant of this truth and assume that they are distinct entities different from each other and independent of the universe. As a result of this ignorance, people assume themselves to be limited entities and have the constant feeling of insufficiency and insecurity.

This causes desire for fulfillment. Since the apparent differences are due to illusory covering, namely the individual body/mind complex, they get involved in various actions in material pursuit.

Example: A professor invited his students who graduated ten years earlier, to his home. He offered hot chocolate in a large jar and an assortment of cups – porcelain, glass, crystal, some plain looking, some expensive, some exquisite – and asked the students to help themselves.

The cheap and plain cups were remaining and all the expensive and good looking cups were taken. While sipping the hot chocolate, they were looking at each other's cup and felt that their own cup is not as good as someone else's cup. While content of all the cups are identical, attention of the people are diverted away from it by the type of the cup which do not add any value to the contents.

Similarly, SELF is identical and same as ONE on which the entire creation is projected as an illusion. The illusory body/mind complex is distracting our attention away from SELF and makes us feel insufficient. As a result, we seek success in our material pursuit with a hope that we will attain fulfillment.

The following are the series of mistakes committed by most human beings.

Mistake No 1: Ignorance. We assume that the finite body/mind complex is our real nature without knowing that in essence we are infinite consciousness. The cups are offered for drinking the hot chocolate. They do not belong to us and we have to leave them behind after drinking. It is ignorance to think 'this is my cup'. Similarly, the body/mind complex is a tool with which we can experience the joy of living. The joy – like the hot chocolate – is identical for everyone.

Mistake No 2: Lack of discrimination. Since our attention is on the material container (cups) and not on the essential content (hot chocolate), we are working towards better position, more money/ power/ fame and such material goals.

Mistake No 3: Limitation of material pursuit. We do not realize that there is no end to material pursuit. Achievement of materials goals will never give us complete satisfaction. Until we realize our real nature, we cannot get over the feeling of insufficiency or inadequacy. Since our real nature is ever witnessing joy, we can know that we are already complete only through spiritual pursuit and not through material pursuit.

Mistake No 4: Lack of formula for success. Since our actions never give us fulfilling results, we assume that there is something wrong with our actions and look for a formula for success. We look at a 'successful person' and try to imitate his actions with a hope that we will also become successful soon. That 'successful person' however is also feeling inadequate and working towards his goal of fulfillment. This is similar to the example of a person with a glass cup looking at person with a silver cup, who in turn is envying a person with a gold cup. The search is endless.

Mistake No 5: Wrong classification. Such endless material pursuit results in likes, dislikes, favorable thoughts and unfavorable thoughts. We are not aware that classifying the persons, events and objects in the universe leads to development of attachment and aversion. As a result, our life becomes an oscillation between pleasure and pain, happiness and misery. We are caught in this eternal suffering.

Realizing, 'I am ONE', is the only way to overcome this suffering. The Holy Scriptures talks about ONE as follows:

1. By knowing the joy of ONE, one becomes eternally free from suffering.
2. A knower of the ONE achieves the supreme status.
3. One becomes ONE by knowing ONE.

There is no fear or anxiety of the future in the mind of those who know that there is nothing else other than ONE. Only if there is something else other than us, there is a possibility of any fear. A person, who knows that his essential nature is ONE, does not have any cause to worry. This is similar to knowing that the cup does not make any difference to the content. The one who drinks the hot chocolate without paying any attention to his cup or the cups of others enjoys the drink most. Similarly, the person who is established in ONE enjoys life.

Fear, anxiety, worry, guilty feeling, sorrow and such negative emotions do not torment such a wise person. Others are scorched by such emotions because they think they are the doers. A wise person established in ONE knows that all the actions are the manifestation of ONE. He is beyond good and evil. Although engaged in action he does not have any desires. Since there are no desires, he is not born again. Even in this present life he is not tormented by the thoughts of good and bad actions which he might have done or omitted to do.

Pleasure and pain are experienced at four different levels.

**Physical Level:** Our five sense organs interact with sense objects of the world. Some objects give pleasure and some give pain. For example, extreme weather gives pain to the body. Temperature within a range is comfortable and gives pleasure to the body.

**Mental Level:** Our likes and dislikes dictate pleasure and pain at the level of our mind. If we get what we like or if things go according to our expectations, we are happy. The opposite of such events bring us pain. Unlike our physical body, which is a gross object, our mind is made up of subtle matter. Therefore, the objects/ events that give pleasure and pain to the mind vary from time to time and from place to place. At the physical level it is fairly uniform and common. At the mind level the variation is very high.

**Intellectual Level:** Knowledge brings a higher level of pleasure and pain. If we know something we are happy and if we do not we are unhappy. People want to be competitive and in comparison to others they would like to have more, wider and deeper level of knowledge. The skills, capabilities, creativity and such attributes bring us pleasure and absence of them gives us pain.

**Spiritual Level:** This is the highest level. While the quantum of pleasure and pain derived at earlier levels increase from physical, mental and intellectual levels. One goes beyond pleasure and pain after reaching the Spiritual Level.

Many human beings do not grow beyond experiencing happiness at physical level and their life is spent focusing on the pleasure and pain at the physical level only. Some move beyond physical level and start enjoying the higher level of pleasure and pain at mental level. Only a few moves further up to intellectual level. A very small percentage of people go beyond the intellectual comprehension of the contents of the Scriptures and attain the highest level of happiness.

Example: A two year old baby plays with a toy. It will be regrettable if it continues to play with the same set of toys even after twenty years.

This is the real situation. Majority of the people do not grow up beyond mental level and intellectual level. They keep engaging in childish activities like earning more money, power, position, name, fame and such mundane pursuits. This is the reason such people are referred as 'children' in the Scriptures. Only those with higher discriminatory power seek the eternal happiness rising themselves to the spiritual level.

Happiness at the spiritual level is the highest because only at this level our mind is relatively free to reflect our real nature clearly.

### Source of happiness:

Our physical body is made up of gross elements (space, air, fire, water and earth) and it is an inert object. It cannot experience pleasure or pain. Mind is made up of subtle matter. Mind is also an inert object. However, it has the capability to reflect the consciousness and therefore it appears to be sentient. During the waking stage, mind enlivens the body and thereby enables the experience of pleasure and pain possible at the physical level.

Both at the mental level and at the intellectual level, pleasure and pain experienced will become finer and therefore of higher quality.

The only source of joy is ONE which is our real self. This joy is reflected in our subtle body which then is made available for our experience.

Prior to creation of this universe only ONE existed as pure ever witnessing joy. The universe is created by the illusory power of ONE. The body/mind complex is part of this illusion. After the creation, the very same happiness is split into the experiencer, experienced and experience. The ego which is the part of the mind assumes the role of experiencer. The objects of the world including our physical body become the 'experienced'. The mind is the field of experience where the experiencer experiences the experienced. This three-fold division of the single source of joy provides varying level of pleasure and pain at the physical, mental and intellectual level during the waking stage.

When we enter the deep sleep stage we become one with our original nature. The mind is totally absent during the deep sleep and therefore the three-fold division of experiencer, experienced and the experience come to an end. We are immersed in our real nature and we are aware of the immense happiness.

Mind is not active during deep sleep and therefore it cannot experience the happiness of the deep sleep. However, on getting up we know that we slept peacefully. This is made possible by our consciousness, which is our basic nature. We do not need the help of EGO to know that we were happy during the deep sleep stage.

EGO is essential to gain the knowledge of external objects. To convert the unknown external object as a known thought object, we need the assistance of EGO as discussed in earlier modules. However, for illumining our essential nature, we do not need the assistance of EGO since our joy is self-revealing.

The joy of the deep sleep is superior because it is the original and undivided happiness. However, we are in the state of ignorance during deep sleep state. When we are spiritually awakened, we enjoy the very same original happiness even during the waking state.

The three fold division of experencer, experienced and the experience is understood to be part of the illusion by a wise person who has become ONE by knowing ONE. Therefore, the illusion is ignored by him. He constantly dwells in the original status of ever witnessing joy. Therefore, he goes beyond the pleasure and pain of earlier levels and enjoys the everlasting happiness at the spiritual level without the three fold division of experencer, experienced and the experience. He is constantly aware that his own body/mind complex belongs to the illusory part and he is the pure ever witnessing joy.

Every living being is the pure ever witnessing joy and all the body/mind complexes are part of the illusion. However, only those who strive and reach the destination of spiritual pursuit become aware of this truth.

Creation is the result of inherent joy of the ONE. Just as we create the dream world without any effort, ONE creates this universe without getting involved in the process. Every living being in the creation lives for enjoying the happiness. When they reach the final destination of Joyful Living, they are reabsorbed back into the non-dual indivisible ONE.

Example: In the board game of Snake and Ladder, one goes up by the ladder and come down through a snake eternally until the final step of liberation is attained.

Similar, to this game, individual living being go through the three fold division of experencer, experienced and experience in a cyclical fashion until they are awakened to the truth of their inherent nature, joy.

Question: What is the proof that there is happiness in the ONE? If we could experience this happiness then it is not undivided and it will be like any other happiness that arises out of three fold division. If we cannot experience it how can we know it is there?

Answer: The inherent joy of ONE is self-revealing and it is not available for experience in the absence of three fold division. As long as our ego is assuming that it is a separate entity, independent of ONE, it is not possible to experience joy of the ONE.

Example: The reflection of a light in a mirror cannot illumine the source of light.

Using the reflection of the light, we can illumine various objects and experience them. We do not and cannot experience the source of the light in the same way (of illumining it with the reflected light). We do not need the medium of reflection (our mind) to know the existence of ONE. When our ego dissolves in the knowledge that it is part of the illusion, then the self-reveling ONE will be obvious.

We are able to recall that we enjoyed the deep sleep without the three-fold division of experiencer, experience and experienced. During deep sleep, we are oblivion of all sense objects in the world including our physical body. The mind together with all sense organs is completely inactive. Yet, on waking up we claim that 'I had a good sleep'. This shows that the ONE is self-revealing. This is a sufficient proof to show that ONE is self-revealing and its nature is joy.

It is said 'sufficient proof' because there are two types of people who ask such a question. One is an earnest seeker and for such a person this proof is sufficient. The other one does not have enough mental maturity to understand the meaning of the term ONE and for them no amount of explanation will be enough.

Question: How can the absence of misery and suffering is termed as joy? In deep sleep, a blind person is not blind and a prisoner is not a prisoner. All misery comes to an end. How can we say that this status is joyful?

Answer: It is not that only those who are suffering look forward to sleeping to relieve themselves from all the suffering. Even healthy people, who are happy, willingly go to bed to have a sound sleep. This shows that there is joy in deep sleep, in addition to removal of all sufferings.

Besides, we infer whether a person is happy or suffering based on our inference from the expressions in the face. However, we do not need to infer our own emotions. We directly experience the presence or absence of positive/ negative emotions. Our emotions are illumined directly without the help of EGO. During deep sleep not only we experience absence of negative emotions, we experience joy directly since ONE is self-revealing. Everyone says that they enjoyed their sleep.

When a person retires to bed after a particularly hectic day's work, there is an anxiety and worry how the next day will turn out to be. As long as he is worried and thinking about various tasks, he cannot fall asleep. Only when he sets aside all his worrying thoughts, he gets to sleep. He does not have to recall the good experiences to make sleeping joyful. Even without recalling any of the past moment of happiness, everyone says that they have experienced peaceful and happy sleep. This can only be possible if ONE is self-revealing and its nature is joyful. This conclusively proves that our nature is joy and self-revealing.

### Lesson 3: Joy of variety

Session: K05 – K06

The happiness that we derive through our physical, mental and intellectual levels is the reflection of our real nature. Until we reach 'home' of our eternal happiness, we will continue our search. This is explained through the following examples in the Scriptures.

Example: A falcon tied to hand of the master, may fly higher and higher but it has to return to its source to take rest.

Similarly, the mind which is an instrument of human beings go to all conceivable places and travel in three time zones all through the day but it must return to its source at night to take rest.

Example: A hawk may soar to lofty heights throughout the day in all directions in search of food but it must return to its own nest at the end of the day for final rest.

Similarly, the mind of the human beings wanders among sense objects of the world to enjoy/suffer fruits of the past actions. When this is completed, the mind gets back and dissolves into the undifferentiated ignorance. It is again woken up, when more results of the past action are fructifying for experience.

Example: A baby after drinking milk smiles lovingly and appears to be an embodiment of happiness because it does not have any EGO (thoughts of 'I' and 'mine').

Similarly, when we gain freedom from desires and aversion, we will rise above likes and dislikes and enjoy the peace, security and happiness which are our original nature.

Example: An emperor, however mighty he is, still has lots of duties and responsibilities. He still has fear and insecurity. His happiness is not fulfilling.

Similarly, the happiness derived from material pursuit is always limited and not fulfilling. It is mixed with pain and causes bondage through attachment. Compared to this, the happiness of knowing ONE is superior.

Example: A person, who is established in ONE, has reached the ultimate goal of Joyful Living.

He has done everything that is needs to be done. He has learnt everything that needs to be learnt. He has realized that by nature he is eternal peace, security and happiness.



Since original nature of all human beings is ever witnessing joy, they will not settle down for anything less than the eternal peace, security and happiness. All the varieties of happiness one enjoys are the reflection of their original nature. Such reflection serves as a reminder for them to seek the ultimate. They will not rest until they reach the goal of Joyful Living.

Happiness can be classified into three types.

1. Original Happiness
2. Internal Happiness
3. External Happiness

Happiness is only one and every human being knows what this only happiness is, because everyone has experienced it in life. However, their knowledge on the source of happiness varies. The above classification of happiness is done based on the knowledge of the people.

### Original Happiness

SELF is the only source of happiness and it is classified as Original Happiness because only very few people have studied the Scriptures and realized this truth by following the steps prescribed in the Scriptures.

Both Internal Happiness and External Happiness are mere reflection of the Original Happiness.

One of the natures of SELF is happiness. SELF is reflected in the minds of the people at all times during waking stage. However, the mind is clouded with thoughts and the reflected happiness is not perceived by the EGO. When the thoughts are silenced, the natural original happiness of the SELF shines. Due to ignorance, people assume this Original Happiness to be either Internal Happiness or External Happiness.

### External Happiness

People assume that objects of the world are only source of happiness. Objects of the world, including living beings, do not have any power to give happiness to anyone. However, thoughts of likes and dislikes give such power to the objects.

Most human beings are driven into action by desire. Desire is a set of thoughts. Such thoughts occupy the mind most of the time and preventing the clear reflection of Original Happiness. As and when a particular desire is fulfilled, the mind is free of thoughts for few moments and the Original Happiness is clearly reflected. Experience of this Original Happiness is mistaken as happiness derived through fulfillment of the desires due to ignorance. Therefore, people assume that objects of the world give them happiness. This is classified as External Happiness.

## Internal Happiness

As and when sense objects come in contact with sense organs, we gain experience. Such experience may be a pleasure or pain based on our accumulated preferences. Repeated experiences leave a mark in our mind and one will be able to dwell on pleasurable thoughts and remain happy without any contact with the external world.

One can meditate on any chosen object and keep the mind still without any disturbing thoughts. Due to the stillness of the mind during meditation, the Original Happiness will provide peace and serenity to the person in meditation. This is wrongly assumed as Internal Happiness.

Thus both the Internal Happiness and the External Happiness are actually the Original Happiness and do not come from external world or through meditation.

SELF is only one and this one appears to be multiple objects in the universe and offers various kinds of External Happiness and Internal Happiness. This is the joy of variety.

Due to ignorance people assume that happiness is either external or internal. They do not know that the source of happiness is SELF which is enlivening them. However, they do experience this every day during deep sleep.

The process of falling into sleep:

During the waking stage, our intelligence is fully functional and controls our mind. Our mind is also alert and controls the functioning of all the five sense organs and the five action organs. In this stage, the EGO, which is the reflection of SELF, has complete clarity and the reflection overshadows the original.

In an intoxicated state or when one is mentally tired, the intelligence loses its control over mind. The EGO is in a melted state. Therefore, one does not claim to be the doer during this state. The EGO resigns to the fact that the actions are being done without it doing them.

It is not possible to sleep when the intelligence is fully alert and the EGO is highly active. However, this state does not continue for long. When one retires to bed, slowly the intelligence loses its control and starts disappearing.

At this stage, our sense organs will be functional but EGO is weak to perform any task. It cannot become the tip of the spear and gather knowledge. Therefore, we hear a voice but do not comprehend the meaning. Similarly, even if we talk, our words will be incoherent. This is a sign of withdrawal of intelligence.

When the intelligence is fully withdrawn, the mind starts losing control of our sense organs and action organs. Suddenly our hand or leg may tremble and move involuntarily. After the cessation of the functioning of the sense organs, mind does not get any inputs from the environment. It plunges into its internal thoughts which are accumulated in the past. Such thoughts come in random order and appear as dream. A dream world is created by the uncontrolled mind and the EGO assumes the role of the dreamer. The EGO goes through various experiences during the dream state, which lasts as long as the mind is active.

When the mind is fully withdrawn, one enters deep sleep. At this stage the EGO, the reflection of SELF, merges into the original completely.

One enters the deep sleep stage and returns to the original nature of ever witnessing joy. Deep sleep is always joyful for everyone. Every one recalls that he slept peacefully. Recollection presupposes prior experience. One is aware of nothing. One knows that the mind and intelligence have completely dissolved.

Moon reflects the sunlight completely on a full moon day and it completely disappears on a new moon day. Similarly, the EGO is fully functional in waking stage and completely disappears in the deep sleep stage. It goes through various experiences in line with fructifying results of the past actions in the waking stage and dreaming stage.

In deep sleep stage both complete awareness and complete ignorance are present. Complete ignorance is due to absence of mind/ intelligence. Complete awareness is because it is the nature of SELF. That is the reason we could recall that we slept happily and that we did not know anything.

Example: An iceberg has a specific identity even though its mass and shape are continuously changing. When it completely melts, it merges in the sea and the identity is lost temporarily. When the coldness increases it again regains its mass and shape.

We can compare our physical body with the visible part of the iceberg, subtle body with the invisible part and the causal body with the chillness in the water. Both our body and mind are continuously changing but it has an identity. This identity is our EGO. Water of the ocean is ONE and the water content of a specific EGO is the SELF.

Both our physical body and the mind are continuously undergoing change throughout the day. When we go to sleep, first we lose control of physical body and enter the dream stage. The EGO continues experience good or bad events in the dream since mind is still active. The mind also disappears when we enter the deep sleep stage. Since there is nowhere to cling on, the EGO disappears just as a reflection will disappear if the mirror disappears. The original is not affected by the presence or absence of the reflection or reflecting medium. Similarly, SELF continues to be conscious and joyful during the deep sleep.

When it is time for the EGO to undergo the results of the fructifying past actions, we get up from deep sleep just as the iceberg emerging back when the temperature falls down.

From the deep sleep stage we again drift into dream stage for a while before entering the waking stage. Even after coming out of the dream stage, it takes a while for the EGO to take the full shape and claim as the owner of all the actions. When we are woken up from sleep, we will not know what we say or what we do because EGO has not yet assumed the position of the doer. When we wakeup fully the EGO becomes fully functional.

The appearance and disappearance of the EGO shows its illusory nature. SELF is eternal and changeless.

Whether the iceberg is completely solid or completely melted, it is part of the ocean. Its separate identity is an illusion. When we are in deep sleep stage we are aware that we are one with the SELF since we know nothing and we know we enjoyed peaceful sleep. However, when we are awake, we are carried away by the name and form of our body/mind complex and assume the role of doer/enjoyer of our action.

All our actions are performed with the sole intention of becoming happy. Once we know that clinging on to the non-existent EGO as our selves is the real problem and by nature we are always joyful, we get liberated.

EGO becomes active during the waking state and dissolves completely during the deep sleep state merging with the original SELF. During the waking hours the only job of the EGO is to serve as a tool to convert the unknown object as a known object and not assume the role of doer/ enjoyer.

During deep sleep every living being is equal. There are no fathers, sons, masters and servants. Only such roles bring us misery and during deep sleep we raise beyond all sorrow because the identification with the mask (role) is resolved and we are with our original face. During waking stage also we need to understand that roles are just roles and not bound by them since our original nature is unattached, unbound and infinite.

Our causal body consists of pure consciousness and joy. There is no trace of ego in the causal body. The subtle body, which includes our mind, is in the latent form. We go back to our causal body during deep sleep and therefore we exist in a joyful and conscious state. From the latent form, when the mind comes to the manifested form, it comes with the knowledge of peaceful sleep.

However, we are not able to explain our experience beyond the words, 'I slept peacefully and I knew nothing', because this knowledge is illumined only by the SELF and not by the EGO. All our knowledge in the waking stage is illumined both by the original light and the reflected light and therefore more prominent as explained in the 'children reflecting light on the wall' example in the Module H.

In the waking state EGO identifies with our body, sense organs, action organs, mind and intelligent alternatively depending on the circumstances. However, in the deep sleep state it is dissolved and gets merged with the source.

Example: A child plays with clay by making various articles out of it. At the end of the play all the articles are merged back in to one lump of clay.

Similarly, the name and form appears to be varying identity of the EGO, which assumes various roles and in the deep sleep state it becomes one undifferentiated ONE. Chillness of the ocean cannot be identified with individual iceberg. Similarly, we cannot talk about individual causal body since at causal level everyone is ONE.

Out of the five sheaths with which every individual living being is covered, the Happiness Sheath is the innermost. EGO travels between Physical, Psychological and Intelligence sheaths during the waking period. Happiness Sheath is not accessible for the EGO since both the mind and intelligence have dissolved during the deep sleep. In the absence of the reflecting medium, the reflection, EGO, is no more.

The Happiness Sheath is identical to all living beings and this fact is validated through (a) Scriptural declarations, (b) Logical validations and through (c) personal experience.

Happiness Sheath is like the chillness in the ocean water after dissolution of the multiple icebergs. We cannot talk about the Happiness Sheath at the individual level since it is a sheath covering SELF, which is only one.

Happiness Sheath is closest to SELF and therefore it reveals the natural happiness of the SELF clearly. However, since both mind and intelligence are at the latent state during the deep sleep, the EGO cannot have direct experience of this Happiness.

Example: We cannot see our face directly. We can only see the reflection of our face. It is meaningless question to ask whether the reflected face can see our original face.

Similarly, it is meaningless to talk about the possibility of our EGO to perceive SELF. During the deep sleep state the distinction between the experiencer, experience and the experienced is blurred and not fully eliminated.

During the deep sleep, the experiencer is not EGO but the reflection of consciousness in the latent intelligence. Since it is in the latent form, intelligence is not able to recall the vivid details of the experience nevertheless it is able to recall the happy experience on waking up.

Experience is made possible by the conscious principle of SELF, without the support of EGO.

Experienced is SELF, whose nature is happiness.

Thus, the mind is modified during deep sleep with the happy experience. Even after waking up, this happiness lingers for some time. The individual just lies down in the bed and continue to dwell in the original happiness for a while until the results of the past actions drive him into further action.

During the waking stage the thoughts at the intelligence level are modified when there is an experience of sense objects. This modification of the thoughts constitutes cognition. We gain knowledge only through cognition.

Example: Individual water droplets join together and solidify into ice

Similarly, during deep sleep, all the modified thoughts solidify into one undifferentiated mass of consciousness.

This undifferentiated mass of consciousness reflects the happiness aspect of ONE during deep sleep.

On waking up, this experience lingers for a while until the undifferentiated mass of consciousness melts into individual thoughts of distinct knowledge. Then the intelligence takes over and the person gets into the daily routine forgetting the happiness he had experienced during deep sleep.

The reflection of the joy aspect of SELF in latent intelligence of the Happiness Sheath is the happiness that we experience during deep sleep state. This daily experience proves that the happiness is neither external nor internal. Happiness is the inherent nature of SELF.

This experience serves as a daily reminder to all human beings that their original nature is immortal bliss. Therefore, human beings will strive continuously until they realize it, albeit without conscious awareness of this destination.

Without scriptural knowledge and guidance of the teacher, people will assume that Original Happiness is yet another type of happiness that they derive from objects of the world. Technically a person can sleep for most part of his life and enjoy happiness of the SELF but practically it is not possible because one can go to deep sleep stage only as an intermission between his experiences as dictated by his past actions.

Thus, the Scriptures provide the authority on the Original Happiness. The teacher helps to validate the existence of Original Happiness and the illusory nature of Internal and External Happiness through logic. Finally, the Happiness Sheath provides an opportunity for the individual to directly experience it.

Not everyone who understands the Original Happiness through the authority, logical validation and personal experience will be able to lead Joyful Living during the waking hours.

Example: A huge sum of money is offered as a reward to anyone who knows the four Vedas. One man claimed, 'From your words, I now know that there are four Vedas. So please give me the reward!'

One has to realize and get established in knowledge of ONE, so that he can live life joyfully. This requires hard and dedicated work.

While residing in the Happiness Sheath, one experiences the Original Happiness. On waking up, the EGO is born and it gets itself identified with the Physical, Psychological and Intelligence Sheath and goes through various experiences.

Example: 'I am the body. I have knee pain' or 'I am the father. I am very proud of my daughter' or 'I am a professor. I am an authority on my subject'

These experiences alternate between pleasure and pain depending on the fructifying results of the past actions. Between these two extremes, one often experiences the Original Happiness intermittently.

Example: 'Now I do not have any worries. I am happy.' No one says 'I am unhappy without any reason'

Thus, everyone during such intermittent gaps feel the true nature of SELF which is Original Happiness. However, such gaps become far and few as a person grow from childhood to adulthood to old age. Therefore, people end up calling life as a struggle.

Even the happiness that is felt during the intermittent gaps is not recognized as Original Happiness by many. They mistake it for either External Happiness or Internal Happiness.

Example: "I am very happy after seeing this movie. It made me forget all my worries" or "I got the long overdue promotion. Now I am happy".

Thus, people do not recognize that they are indeed experiencing their Original Happiness whenever they are happy.

Example: By touching the outside surface of a pot containing water, one can infer the cold water inside. There is no water in the outside surface but the chillness indicates the content of the pot.

Similarly, by experiencing the External and Internal Happiness, intelligent people infer the Original Happiness through the guidance of a teacher. Once one realizes the Original Happiness is the nature of SELF, then he will be able to abide by it all through the waking hours.

He understands that his EGO is a mere reflection of SELF. Identifying with the SELF he is no longer feels that he is a body, father or professor. He will go beyond the pleasure and pain and start living joyfully since he has realized the Original Happiness.



For the person who is established in ONE, the world is seen as an expression of ONE.

Example: A crow has a single vision which alternates between two eyes.

Similarly, a wise man has a single vision that there is nothing but ONE. He does not experience anything other than ONE. Both the Internal and External Happiness are two different eyes to him. Whichever eye he uses to see, he is aware that he is seeing the same object. He is aware all the happiness stem from his basic nature. There is no unhappiness at all in life for such wise people. A movie containing many ups and downs in emotions is enjoyed by the audience. Similarly, a wise person sees both pleasure and pain offered by the experiences in life with a single vision. They are part of the ever changing nature of the illusion.

A wise man will live joyfully all the time and deal with the world differently according to the people he encounters.

Example: A person who knows two languages will be able to convey his single thought easily in both the languages so that the listener (who knows only one language) understands well.

Similarly, while he knows that his EGO is a reflection, he will be able to use it as if it is real while dealing with the others. He may say, 'I can do it' although he is aware that no one does anything nor can they do anything.

He will experience the Original Happiness and the miseries of the world at the same time and remain joyful.

Example: A person standing in a cold river in hot sun experiences heat in the upper parts of the body and chillness in the lower part of the body at the same time. At will he can plunge into the water and escape the heat.

He is aware that although his original nature is happiness, his illusory body/mind complex will have to go through experiences of pleasure and pain according to the fructifying results of his past actions. Such experiences will come to him both during the waking stage and during the dream stage. He does not differentiate between the dream experience and the waking experiences because they are not different. Both belong to the realm of illusion and both are experienced due to the fructifying results of his past actions. While undergoing the experiences at the surface level he will not be affected because he is rooted in the knowledge that he is unattached, unlimited, eternal, ever witnessing joy.

Life is joyful for such a wise person.

# **Module: L**

# **Joy of Teaching**

**Unit 01: Teaching others****Number of Sessions: 5  
(L01 – L05)  
Number of Lessons: 2**

On completion of this unit, the student-teacher will be able to

- (x) Understand the type of people who can be taught
- (y) Understand the how non-seekers can be taught

**Notes to the teacher: (Ref 12.01 and 12.90 of the original text)**

The teacher should apply the teachings in this chapter on the students and classify them on how much they can absorb. It is advisable to divide the class into smaller groups and teach them according to their level.

**Unit Test:****Session L05**

30. What are the three types of people who do not yet seek the teaching?
31. What are the prescribed steps through which the non-seekers could be taught?
32. List the ten differences between the love for self and the love for others.
33. Why we do not live joyfully if it is true that our basic nature is happiness?
34. Is consciousness and happiness are two different attributes of SELF?

After reaching the destination of Joyful Living, it is natural to feel that we should help others.

Example: After surmounting a highest peak of a mountain through a difficult path, one would like to guide others. From the top one will be able to see the struggle of those who are attempting to scale the peak. Some may be making rights moves while others may be making wrong moves. It is natural to feel the urge to guide them through the right path so that more people could reach the peak faster and with less effort.

Similarly, once the essence of life is understood, there will be a natural tendency to guide others to improve the quality of their life.

However, this is a difficult proposition. There are different grades of people and not every one of them is capable of receiving the guidance.

Example: A medicine which normally cures a disease, may not suit a particular patient. It may do more harm than good. In such a case, a different but appropriate medicine should be prescribed.

Similarly, it is very important to understand people to whom one wants to provide guidance to reach the destination of Joyful Living.

### Type 1: Those who do not have enough intelligence

Joyful Living is possible only when a person has sufficient level of intelligence. Most people do not have this qualification and therefore they cannot be helped.

Example: An expert who coaches people to climb mountains will check physical fitness of a person prior to commencement of the training program. A person who does not have enough strength to run for 10 minutes will not be enrolled for the training program. He has to develop the required level of physical fitness and then attempt to climb the mountain. The expert may prescribe certain diet and exercise routines for improving the physical fitness.

Similarly, there are many people who are not yet qualified to commence the journey towards joyful living. Their level of intelligence is below the standard and therefore they have to spend more time (may be more life times) on making the mind matured enough before a meaningful guidance can be given to them.

Life is an activity based learning process. All actions done by an individual goes to increase his intelligence and mental maturity. Therefore, appropriate prescriptions like, 'earn more money', 'pray to god', 'follow the traditional rituals', will help them.

They may take their own time to get the required level of intelligence. The teacher cannot do anything for them.

Example: A student in the 8<sup>th</sup> grade is not yet ready to enter the college. He has to spend more time and effort in completing the remaining grades in the school before applying for college study.

### Type 2: Those who are qualified but happy with life

There are many people who have required potential to commence the journey towards Joyful Living but they do not yet see that life oscillates between pairs of opposites like pleasure and pain.

When they are enjoying, they do not see the need to spend time and effort on learning the Scriptures.

When they are suffering, they will not be able to commence their journey towards Joyful Living because they are bogged down by the problems.

It is a difficult job for a teacher to educate them that it is not possible to live joyfully without studying the Scriptures. It is not the job of the teacher to light a fire on the head of the student and then offer to help him to put off the fire. Only those who have realized the certainty of getting burnt will seek and get guidance of the teacher.

Thus, only those who understand the limitations of objects of the world in giving happiness can benefit from the teaching.

### Type 3: Those who are qualified but seeking Joyful Living through material pursuit

Most educated people believe that advancements in science and technology combined with appropriate political and economic system can bring about Joyful Living. It will be very difficult to convince them that they are chasing a mirage.

Only when they realize the futility of prosperity in giving Joyful Living, they will turn their attention to spiritual pursuit. A teacher can help them only at this stage and not before.

Thus, the teacher can become a teacher only if there are students, who are seeking the truth. A teacher cannot on his own volition guide others through friendly advice, discussion and debate or by recommending books.

Normally, a teacher should teach only those who seek to understand the Scriptures. However, if a teacher wants to teach non-seekers, following steps are prescribed.

Step 1: Teach that self is more important than others

In reality there is nothing but SELF. However, this is too difficult to understand. Therefore, the teacher should start from the known self and only after the student understands this he can proceed to teach about SELF.

Everyone understands that there is a difference between self and others.

The first lesson to be taught is self is more important than others. Generally, selfless service is considered as a virtue and selfishness is considered to be an evil quality. The teacher should teach that truth is just the opposite.

A husband loves his wife for selfish reason and never for the sake of his wife.

A wife loves her husband for selfish reason and never for the sake of her husband.

No one loves anyone for the sake of the other and everyone is always selfish.

This truth should be taught using the following examples:

1. A father with a beard kissing a crying baby for his own satisfaction and not for the baby's satisfaction.
2. Money, gold and other riches are inert objects. They do not need any protection. The rich person loves and protects these riches and it is obvious that the beneficiary is self and not the riches.
3. A farmer loves his cows because they work for him in agriculture.
4. Liking or loving one's profession is not for the sake of the profession but due to the benefit that brings to oneself.
5. Praying to God is for selfish reasons and not for the Gods. Even if one prays for the welfare of others, the ultimate reason for such prayer is always selfish.

This is a simple and obvious truth. Those who cannot understand this initial lesson are not yet ready to progress to the next lesson.

Unless a person considers that self is the most important entity, he will not have inclination to understand more about self. As long as one is focused on what others will think and the roles played by others in life, it is difficult to concentrate on the lessons of SELF.

## Step 2: Teach the difference in love

Once the student understands the truth that all his actions are selfish in nature, he is ready to understand the differences between love for self and love for others. The truth, SELF is the subject and not the object of love, is too difficult to understand. Therefore, the teacher should proceed to teach about the love for self as if self is an object of love. In the process of such teaching shrewd students will start seeing the unique nature of self/SELF.

Following differences between the love for self and love for others is to be taught.

1. There will be an emotional content in love for others. There is no role for emotions with respect to love for self.
2. Love for others will involve desires. For example, love for the son will give rise to many desires for his welfare. Love for the self does not result in any desire because self never undergoes any change and it is constantly present.
3. Attachment to the object of love is common in case of love for others. Love for self does not involve any sense of attachment.
4. If the loved object is another human being, then there will be faith and trust in that person. (If there is a betrayal of such trust, then the love is lost) In case of love for the self, there is no role for faith or trust.
5. If one loves God, there will be devotion and willingness to perform sacrifices for God. These are not present in the love for self.
6. Love for self is expressed through the dominance of Aura component of AEM. When one is serene, peaceful and full of happiness, the love for self is obvious. Love for others will involve fear, insecurity and sorrow. For example, the love for a son will bring misery and suffering from the day of the marriage in the form of expectations and desires of pregnancy, delivery, well-being of the baby, proper education for the child, good job/wife for the son etc. The possibilities of unhappiness are virtually unlimited.
7. Love for the others keep varying depending on how they respond to our love but love for self is unchanging and always constant.
8. Love for others may turn into hatred but there is no such chance in love for self. Even if one wants to commit suicide it is the hatred towards the body or mind, which are mere objects of love and there will never be hatred towards self.
9. The object of love keeps changing from the time we are born until we die. But the love for self does not change.
10. Love as a means to happiness is partial love. Love for others is partial love since it is always for the happiness of the self. Love for self is infinite and always complete.

### Step 3: Suggest inquiry into self

If the student comprehends the teaching thus far, he becomes eligible for this step. In this step, the teacher starts the inquiry process of finding out the most important object of love for the student, namely his self.

Thus, the process of self-inquiry, 'who am I', starts in a subdued manner in the following lines.

'May I never perish, May I ever exist' is the common desire that is seen in all living beings. Therefore, the love for self is very evident. This desire for eternity is possible only if our nature is eternal.

Example: While visiting a foreign country, any object (food or a person) from the home country appears to be very attractive. This attractiveness is due to the fact that we are used to such object in our home country.

Similarly, since our nature is eternal, we seek eternity.

We are also aware that the feeling of I does not undergo any change at all. We observe the changes in our body, mind and intelligence. We have never noticed an iota of change in 'I'. There is no young 'I' or old 'I' because the words young and old refer to the body.

Therefore, self is different from my body/ mind complex.

Self is present at all times and at all stages. During waking, dreaming and deep sleep stages the self persists.

### Step 4: Suggest introspection into self

The student may take a long time to complete systematic study of the Scriptures under the guidance of a competent teacher and understand the central message that SELF is the only source of infinite joy.

Then many questions may come up in his mind. A teacher should teach students at this level in the following lines.

Question: Since the consciousness aspect of SELF is fully reflected in the mind, why the joy aspect is not constantly reflected?

The composition of Aura, Energy and Matter determine the reflecting capability of the mind. While the basic composition of AEM in the mind of all the living beings has the ability to reflect the consciousness aspect, the joy aspect requires dominance of Aura.



Example: A lamp may spread light and heat. While light from the lamp fills up the room, heat from the lamp is not widely spread. A person sitting at far end of the room may not feel any heat from the lamp. However a person sitting close to the fire will feel the heat.

Similarly, only people with the refined mind will have the ability to reflect the natural joy of the SELF and lead a life of joy.

Question: Does it mean consciousness and joy are two different attributes of SELF? It said in the scriptures that SELF has no attributes.

SELF has no attributes. We talk about consciousness and joy as two natures of SELF just we talk about the softness and smell of a flower. The flower is only one and it is not possible to separate the softness or smell from the flower. Just because we have distinct sense organs to perceive the flower, we attribute two different qualities to the flower. Similarly, the consciousness and joy are inseparable. When our mind is Aura dominated we will be able to perceive the joy aspect in addition to the consciousness aspect else it is not possible to perceive the joy.

Example: If my nose is blocked, I cannot claim that the flower does not have any smell.

Similarly, only when our mind is Aura dominant, we will be able to reflect the natural joy of SELF. When our mind is Energy dominant, our natural joy is obscured.

Example: The intensity of the sour taste of tamarind is lessened when more salt is added.

Similarly, more Energy component, we experience less joy.

### Conclusion:

Once the teacher guides the student through the above steps, he will be able to identify the true happiness is his own nature and see that the objects of the world are part of the illusion. SELF is only one and it is common to all the living beings. All the living beings and non-living beings are mere projection of the SELF. Only those whose minds are dominant with Aura can reflect the natural joy of SELF and reach the destination of Joyful Living.

Only such people with Aura dominance will seek the teaching for Joyful Living. Those who are dominated by Energy may want to learn the content of the Scriptures, for improving their performance in material pursuit. Such people should be taken through the above four steps by the teacher.

# **Module: M**

# **Joy of Universe**

**Unit 01: Understanding the Universe**

**Number of Sessions: 5  
(M01 – M05)**

**Number of Lessons: 4**

On completion of this unit, the student-teacher will be able to

- (z) Know why there is nothing but happiness in the world
- (aa) Understand the perspective of a wise man and that of an ignorant person with respect to the world.

**Notes to the teacher: (Ref 13.001 and 13.105 of the original text)**

**Unit Test:**

**Session M05**

- 35. How the evolution of the universe is described with the example of pot, clay and potter?
- 36. What are the three types of material causes?
- 37. What are the eleven descriptions of ONE given in the Holy Scriptures?
- 38. Explain why knowledge of the world will become useless after gaining knowledge of ONE?

The creation which we perceive through our five senses is made up of a single substance called bliss.

Example: The pot is made out of clay. Potter is different from clay. Clay is material cause of the pot and potter is intelligence cause of the pot. Potter will exist before the creation of the pot and after the destruction of the pot.

Consciousness is the intelligent cause of the creation and bliss is material cause of the creation. Pure existence is the nature of consciousness and bliss.

Prior to the creation of pot, it existed in potential form in the clay. Similarly, prior to the creation of the universe it existed in potential form in the bliss. After creation, pot is sustained by clay and if the pot is destroyed it becomes clay again. Similarly, the entire universe is created out of bliss, sustained by bliss for some time and then it is resolved back into bliss. As such there is nothing other than bliss in the creation, just as there is nothing other than clay in the pot.

Potter is different from the pot. But consciousness is another dimension of bliss which alone exists. The potter has the power to create a pot out of clay. The clay is an inert object and it cannot become a pot by itself. Similarly, consciousness 'created' the universe by modifying the existence of bliss.

The creation of the pot is attributed to the potter. But creation of the universe is not attributed to consciousness because there is no creation. Consciousness is said to be the intelligent cause of the universe because the created beings are conscious of a universe that appears to be existing. Since bliss appears to be divided between observer and the observed, the consciousness is named to be an intelligent cause of the creation during the initial stages of teaching.

Pot and the non-pot (after destruction) are seen as the clay. Similarly, the universe and its resolution are different status of bliss. The universe when it exists is called as the manifested bliss. Prior to creation and after resolution, the universe is said to be in the unmanifested bliss. Although bliss is the material cause of the universe, it does not become the universe or it causes the universe. The material cause can be of three types.

1. Original Material Cause
2. Evolutionary Material Cause
3. Illusory Material Cause

Both Original Material Cause and Evolutionary Material Cause assume that the output is different from the input. The Illusory Material Cause does not give rise to another product with the same state of reality.

### Original Material Cause

When one kind of material is produced from another kind of material then the raw material is called Original Material Cause. While the basic ingredients of both the raw material and the finished product may be identical, the finished product will have some additional attributes which the original raw material may not have.

Example: Gold is shaped into jewels. Cloth is stitched into garments.

In such cases, there is no difference between the raw material and the finished product except that the finished product has a name and a form.

This is not the relationship between bliss and the universe. Bliss is not such a raw material from which the world is created.

### Evolutionary Material Cause

When the raw material undergoes certain change and becomes the finished product, it is the case of Evolutionary Material Cause.

Example: Milk becoming curd. Cotton is woven into thread.

In such cases, the raw material is different from the finished product.

This is not the relationship between bliss and the universe. Bliss is not such a raw material that evolved into the world.

### Illusory Material Cause

When the finished product appears to be produced in the presence of the raw material, it is case of Illusory Material Cause.

Example: The sea appears to be blue reflecting the color of the sky. The rope appears as a snake in twilight.

The sea water is colorless. It appears to change colors in tune with the color of the sky. However, the sky itself is colorless.

Such is the relationship between the Illusory Material Cause, bliss and the finished product, universe. The universe is an illusion that appears to spring up from the bliss. While the bliss has the status of absolute reality, the universe belongs to a lower order of reality, namely, objective reality. This is similar to a man who sees a snake in a rope while all others see it as a rope. Rope is the objective reality and the snake is the subjective reality. In other words, at the level of objective reality, rope is real and the snake is false. Similarly, at the level of absolute reality, bliss is real and the universe is false.

Bliss is the power of ONE. It is pure joy. ONE is part less and non-dual. Bliss is not independent of ONE nor is it identical with ONE.

Example: A man has power to sing a song. There can be no song which is independent of the singer and at the same time we cannot say that the song and the singer are one and the same.

Such is the relationship between bliss and ONE. ONE is pure consciousness, pure existence and pure joy (bliss). Bliss causes the appearance of the universe without getting involved in the process. Consciousness is reflected in some parts of the universe giving rise to living beings. ONE alone exists and the existence is borrowed by all objects in the creation.

Just as a magician has a power to bring about an illusory object, ONE has the power (bliss) which appears as the world. The power of the magician is inseparable from him and at the same time it can not be said that he is identical with his power to perform magic. For example, unless an appropriate environment is provided to him, he cannot perform the magic. This does not mean that he does not have the power. There is no magic without the magician and presence of magician not necessarily leads to performance of magic. Similarly, bliss is inseparable from ONE and at the same time it is not identical with ONE.

We can perceive the power of the magician only when he performs the magic. Similarly, we can perceive the power of ONE only by observing this universe. Just as the illusory object created by the magician, this universe is an illusory object created by ONE.

Scriptures give a description ONE and its power as follows:

1. ONE is eternal, perfect and non-dual.
2. ONE has the power to create the universe.
3. This power sustains this universe. This can be observed directly in our action, knowledge and will power. People seem to have the power to know, power to desire and power to act. These are the powers of ONE.
4. Everyone feels that they are conscious. This is the expression of power of ONE.
5. This power of ONE is also expressed as movement of air, hardness of stone, liquidity in water and the ability of the fire to burn.
6. Similarly, it is the emptiness of the space and the perishability of the objects.
7. Prior to creation the whole universe is latent in ONE just as a huge snake is latent inside the egg.

8. When ONE which is all pervasive, eternal and infinite assumes the power of cognition we call it as the mind.
9. When the non-existent EGO appears in the mind, it assumes the status of doer and enjoyer. Hence there is bondage. Therefore, one has to look for liberation.
10. The bliss, which is the power of ONE, is also expressed as the power of sense organs to sense the objects of the world.
11. The bliss also appears as sense objects of the world and feed the mind with experience through making contact between the sense organs and the sense objects.

The whole creation is brought about just as an imaginary story for the children.

“Once upon a time there were three handsome princes. Two of them were never born and one is yet to be conceived in the just born mother. They lived happily in a city which never existed. When they are roaming around, they saw trees laden with fruit growing in the sky and among the trees they saw a beautiful non-existent angel....”

Such stories are narrated to entertain children who do not have the power of discrimination yet. They will not ask how a prince who is not yet born can walk around. They will accept all the narration as true. They will be happy if the fictional characters in the story are happy and will become sad if any sorrowful event happens to them.

Similarly, most human beings do not yet have the discriminatory power to differentiate reality (SELF) from illusion (Universe). They assume that the world they perceive is solid and real. Therefore, they take the events in the world as real and accordingly they feel emotions of pleasure and pain. This is bondage just as children are amused or suffered by listening to the made-up story. It is possible for the story-teller to bring in ghosts within the story and scare the child. The child may start crying and go to bed weeping continuously. Suffering of the people in life is not any different from the suffering of the child listening to the ghost story. People suffer because they give reality to the illusory objects of the world.

The made-up story cannot gain the status of reality based on the number of children, who are affected by it. Similarly, it cannot be said that the world is real because many people perceive it to be real. An older child listening to the story along with others may know that the story is a fiction. Similarly, a wise person who has understood the illusory nature of the universe will not be affected by the events of the world, while the rest of the people suffer due to ignorance.

The story is the outcome of the power to tell story which is inherent in the story teller. Story-teller is ONE. The power to tell story is equivalent to the bliss. The story is the creation, universe.

Bliss is the illusory material cause of the universe. Bliss is different from the universe and it does not undergo any change when the universe is manifested, sustained or resolved.

Consciousness is the illusory intelligent cause of the universe. Consciousness is not a part or product or property of the universe. The living beings in the universe are inert objects. Since they reflect the consciousness, they appear to be alive.

Pure existence is the substratum on which the universe is projected as an illusion. Universe is just a name and form that appear to be real since it has borrowed the existence from ONE.

Thus, existence, consciousness and bliss are the powers of ONE which is non-dual, ever perfect and unchanging. The universe is ever changing, never perfect and exists only for appearance.

During deep sleep there are no dreams. All dream objects are available in potent form within our mind which is not functioning during the stage of deep sleep. Similarly, prior to manifestation of the Universe, it was in latent form within ONE.

The power to manifest a dream-world is inherent in the dreamer. Similarly, the power to manifest this world is inherent in ONE.

The power to dream is different from the dream. Similarly, bliss is different from the universe.

When this power of dreaming is exercised from deep sleep stage we move on to dream stage. Many dream objects appear and a dream world is projected in our mind. This dream world is the product produced by the power to dream. Similarly, the universe is the product produced by bliss.

Dream world is not real. The real world consisting of the person sleeping on the bed remains outside the reach of the dream objects. The dream events cannot affect the substratum, the person sleeping on the bed. Similarly, the world and the events happening in them cannot affect the substratum, SELF/ONE.

Thus, universe is not real although it appears to be real with many objects of varying forms and names. Such names and forms are available only in the minds of people. A tree is a tree even before it was named as a tree. So it can be said that when man began to evolve a language, giving labels as names to the objects, the 'real' world is created. The whole creation will continue to exist as an illusion even if there are no living beings to name them. However, the illusory world becomes a real world only when people started naming the objects in it. Such labeling is essential for the development of science and technology leading to comforts in life. However, this practice of labeling is the cause of our bondage.



When children play make-believe game, they make imaginary coffee by imitating the hand movements of the mother. A child offers this imaginary coffee in a non-existing cup, the guest is supposed to say that it is too hot to drink or the sugar is less. If the guest says, 'where is the coffee, I do not see it', he will be dismissed as an unsupportive person and the children will disregard him. On receiving proper response, the child may add more imaginary sugar and serve the coffee again. After drinking the coffee, the guest is supposed to return the non-existent cup and comment that the coffee was good or horrible. A child playing this game well is supposed to enjoy the game irrespective of the comments, whether positive or negative. As long as the make-believe game goes on well, the child should be happy. It should not matter to the child whether the guest enjoyed the coffee or not. However, if the child starts crying because the guest did not like the coffee then the suffering caused is not because of the comments of the guest but because of the fact that the child gave more reality to the make-believe game than it really warrants.

Similarly, wise people live in this world without dismissing it and at the same time knowing it to be an illusion. Ignorant people give the status of reality to the make-believe world and suffer until they learn the truth. Most people are not matured enough to learn the truth and therefore they should continue to play (live) by involving in many actions. For example, if the guest is unhappy with the coffee, the child may decide to cook a very good meal so that the guest can be made happy. Wise people have no such desires. They are aware that the world does not exist, the objects in the world are not real and the objects/ events of this world cannot affect them. They will live joyfully.

Thus, people who gain the knowledge are liberated. They do not deny the appearance of the world. They are aware it is an illusion of name and form. They are also aware of the existence of the reality, ONE which is the substratum. Therefore, there is no more suffering to them. Events in the illusory world do not affect them and they do not have any desire for any objects in the world.

However, they continue to be involved in action and live life like anyone else because they are aware that they are the ONE and their body/mind complex is part of the illusory world. Their body/mind complex will continue to be imperfect and be involved in action all the time. However, they are aware that in essence they are the ever witnessing joy, which is the only reality. They also know that the changes in the body/mind complex have no impact on their real SELF. Just as the guest is aware that drinking poison in the make-believe game will not kill him, as a good player he may drink the poison and act as if he is dead or refuse to drink it saying that he does not want to die. Similarly, wise people respond to the events in the world appropriately without any fear, worry or feeling of insecurity. They are always aware that they are complete, perfect, eternal and joyful all the time.

Once the knowledge of ONE is gained, knowledge of the universe becomes useless.

Example: A thief breaking into a goldsmith's workplace in the night finds various ornaments, some fully complete, some simple and some exquisite. He is aware of the value of the gold which is the substratum of all the articles. He does not need to know anything else. All other knowledge about the names and forms of the various jewels make no difference to him because whatever be the form and shape he need to melt them all together. Besides he will not pick only the big items and ignore the small items. Every piece of gold is equally important to him.

Similarly, for a wise person who has knowledge of the ONE which is the substratum of everything in the universe, knowledge of the universe is of no use. He does not differentiate one person from the other since the substratum is same. Therefore, he treats everyone equally important. He does not need anything from the name and form therefore his mind does not waver if he looks at a beautiful object or famous person.

Thus, by the knowledge of the real substance, ONE, liberation is achieved. The unreal phenomena, the world become useless. Therefore, the knowledge of the world becomes unnecessary.

The thief at the gold smith shop will not admire an exquisite ear ring and wonder how the goldsmith could carry out such an intricate work. However, a lady customer will be carried away by the name and form of the jewel. Even if the price quoted by the gold smith far exceeds the price of the gold, she might buy the jewel because the unreal name and form has more value than the substratum, in her eyes.

Similarly, the people who are ignorant about the underlying substratum, ONE, will be carried away by the name and forms of the universe and start involving in action leading to suffering.

Thus the nature of ONE is consciousness, eternal and joy. The nature of the universe is mere name and form. Prior to creation, universe was in potent form and after dissolution it goes back to the potent form within ONE. Therefore, during the present it cannot be said that it exists for real. It is only available for perception and it never has the status of reality.

In order to qualify for the attribute, one should be present at all the time. There should never been a time when it was not present and there should never be a time when it will become absent. Only then something can qualify for the status 'reality', else it is an illusion.

This unreality of the world and real nature of ONE is directly experienced by human beings. Mind is active most of the time and it is continuously affected by the changes in the environment. Pleasure and pain are experienced alternatively depending on favorable and unfavorable environment.

However, occasionally when mind is silent and Ego is absent, we forget the whole world. We dwell in our natural bliss. No one suffers during this gap between pleasure and pain.

Whenever, we face the question, 'how are you?' from a stranger, the first answer is 'fine' because the current thought flow is stopped by the question and the new thought flow is yet to begin. During this gap all of us enjoy our natural happiness.

This experience conclusively proves that our real nature is happiness and the pleasure and pain are part of the illusion. Natural bliss of the self is uniform and steady. However, mind due to its fickle nature moves from pleasure to pain in few moments.

Once we learn this knowledge from the Scriptures and validate it through our personal experience, we gain the direct experience of ONE. After that slowly we start disregarding the illusory world of names and forms. In such way the apparent duality is disregarded and one start having the clearer vision of the non-dual ONE. When one is established in such direct knowledge, he becomes liberated even while living. After this stage, the fate of his body/mind complex does not matter to him since he is aware they are part of the illusion.

Such a person deals with the world with the awareness that he is dealing with ONE. To him everyone is ONE and every object is ONE. All the knowledge, desires and actions are the expression of the power of ONE. There is nothing but ONE and therefore life is joyful without any trace of dualities like favorable or unfavorable events.

While dreaming we do not question any events in the dream. Suddenly the car in which we are traveling may become a cycle and we accept it without questioning, 'how can this be?' Similarly, a wise person accepts the power of ONE in sustaining the world through constant changes without questioning the changes. He understands that the only way to perceive ONE is through the universe. We cannot see our face directly and the only way we can see our face is to look at its reflection. Similarly, we cannot perceive ONE and the only way we can experience ONE is through the world. By looking at the reflection of the face we do not think that is the original face. Similarly, looking at the changing world the wise person sees the unchanging ONE.

For such a wise person life is joyful since he participates in the ever changing movement of the world without any hesitation, expectation or attachment, just as a huge stone supports and facilitates the flow of the river without being affected.

# **Module: N**

# **Joy of Knowledge**

**Unit 01: Knowledge and Joy**

**Number of Sessions: 2**  
**(N01 – N02)**

**Number of Lessons: 1**

On completion of this unit, the student-teacher will be able to

- (bb) Understand how knowledge of ONE leads to Joyful Living

**Notes to the teacher: (Ref 14.01 and 14.65 of the original text)**

**Unit Test:**

**Session N02**

39. What are the three levels in which we experience happiness? List them with example.
40. Which happiness is long lasting among these three?
41. What are the five features of the happiness that is derived by knowing ONE?

We experience happiness at three different levels:

1. **Physical Level:** When sense organs are exposed to favorable sense objects we are happy. For example when we listen to our favorite song we are happy.
2. **Psychological Level:** When we experience positive emotions in our mind we are happy. For example, the song we listened would have reminded us some enjoyable events in our life and we will be happy while thinking about those events.
3. **Intellectual Level:** When we gain knowledge, we are happy. For example, if we solve a math problem or write a software code for a complex problem we are happy.

Only source of all happiness is SELF. There is no happiness in the external world. However, we seem to gain happiness only on the above such occasions. This is so because during these occasions our mind becomes serene and the Ego dissolves temporarily and as a result our natural happiness is reflected in our mind without any obstacle. Therefore, we experience happiness.

Thus, serene mind and absence of Ego is essential for experiencing our natural happiness. To see our face we need a mirror. If the mirror is covered with a thick coating of dust, we cannot see our face. Similarly, Ego and various thoughts in the form of desires and worries are covering our mind most of the time preventing us from experiencing our original happiness. The external world in the form of sense objects, internal emotions and the knowledge helps us to clear the mind so that we could experience happiness for few moments.

Happiness gained at intellectual level is long lasting compared to the other two and happiness gained at the psychological level is better than happiness gained at the physical level. Happiness at the physical level lasts only as long as we are in contact with the sense objects.

Mind spread across the physical body and enjoy happiness at the physical level. This is surface level happiness. When mind is involved directly, it derives higher level of happiness. Gaining knowledge provides highest level of happiness since intelligence is the highest level of mind.

There are gradations on the type of knowledge. Higher level of knowledge provides higher happiness. Highest possible knowledge is knowledge about ONE. Once we become steady in this knowledge our Ego is permanently dissolved and our mind is always clear. Therefore, our life will become joyful.

Such a happiness derived from gaining knowledge of ONE can be described as follows:

1. Absence of sorrow: Since knowledge of ONE also gives us the knowledge of illusory nature of the universe, there is no cause for sorrow. One understands that all events and objects in the world are not real and therefore they do not have power to affect our real self. Thus, there is no guilt about the past or worry about the future in the mind of wise person.
2. Absence of desires: Since objects and events in the world do not have any power to give happiness, a wise person has no desire. There is nothing to be gained, nothing more to learn and nowhere to go looking for happiness.
3. Joy of gaining everything: While everyone is involved in some action so as to become happy, all actions of the wise person arise out of his happiness. He always dwells in his natural happiness since he has gained the knowledge about the reality of his nature and the falseness of the world.
4. Freedom forever: Actions of the ignorant bind them. Actions of the wise person do not bind him because such actions are done without any desires and the doer, Ego is completely absent. Just as water droplets do not make lotus leaf wet, events of the world do not affect the wise person who may be constantly interacting with the world. A wise person is free to do any action and all his actions are considered as actions of God.
5. Joyful Living: It is specifically stated in the Scriptures that the knower of the truth may be seen laughing, playing, rejoicing with women, riding vehicles and enjoying other worldly objects but he does not identify himself with his three bodies. He always abides in ONE. The physiological sheath, impelled by his fructifying past actions keeps his physical body alive so that his body/mind complex can experience the fruits of his past actions by coming into contact with objects of the external world. He is aware that his mind is part of the illusory power of ONE and as such allows it to function in line with the accumulated preferences. He is not affected by the changes in his mind.

Thus, a wise person established in the truth does not have any sorrow nor he has any unfulfilled desires. He is completely satisfied and remains ever fulfilled. He may continue to deal with the external world in line with his accumulated preferences. Just as a beautiful princess enjoys her beauty by looking her reflection in the mirror, he sees his natural happiness in the objects of the world. It does not matter which objects are made available to him. He can see ONE in everything because his knowledge of ONE and the Universe is complete.

This is the joy of the ultimate knowledge.

# Module: O

## Joy of Objects



**Unit 01: Objects of the world**

**Number of Sessions: 4**

**(O01 – O04)**

**Number of Lessons: 3**

On completion of this unit, the student-teacher will be able to

- (cc) Understand the role of objects in leading us to Joyful Living

**Notes to the teacher: (Ref 15.01 and 15.35 of the original text)**

**Unit Test:**

**Session O04**

42. What is the relationship between knowledge and desire?
43. What are the two roles played by the objects of the world with reference to happiness?
44. What is the role of Aura, Energy and Matter with respect to our ability to reflect ONE?
45. How can a person move from enjoying the bliss of the objects to enjoying eternal bliss?

It is not possible for anyone to desire an unknown object. Desire presupposes knowledge. Intensity of the desire depends on depth of the knowledge.

Example: Prior to introduction of mobile phone services in the country, there was no one who had the desire to buy a mobile phone. When it is introduced, those who had the knowledge of its existence, desired to buy it. Only when more people gained knowledge the desire became widespread. Desire for buying a mobile will become intense when someone known to us buys one.

All human beings want to be happy. This desire for happiness is not possible if people do not know what happiness means. Everyone has experienced complete happiness sometime or other. Most people recall that their childhood days were full of happiness. Since they have complete knowledge of happiness, everyone desires to be happy all the time and no one wants to be unhappy at anytime.

This experience of happiness is possible through objects of the world. As child, they were happy with toys, balloon and chocolates. As they grew their source of happiness shifted to more complicated objects and which were not as easy to obtain as before. Therefore, money became an important instrument to gain happiness.

Thus, objects of the world serve two opposite functions.

1. They serve as a means of happiness. Without objects of the world, so many people would not have been exposed to the experience of happiness. Objects, by providing the experience of happiness, have provided a goal for all human beings, which is to work for happiness.
2. They have misguided people into wrong path. While helping the people to set the right goal of seeking the happiness, they have given the wrong idea that the original source of happiness is in the objects. Therefore, people are involved in material pursuit with a hope that soon they will have enough money to make their life joyful.

Since it serves as the initial gateway to happiness to most of the people, it is important to understand the objects of the world.

Objects of the world comprises of everything that we perceive. They include all inert objects, living beings, events in life and intangible objects like power, position, property etc. They promise happiness to people. This happiness is enjoyed by people at three levels. At the physical level, the objects of the world give happiness to a person by coming into contact with the sense organs. By developing positive emotions on certain objects, people enjoy happiness at the mental level. Finally by gaining knowledge on the objects, people enjoy happiness at the intellectual level.

ONE is the only reality and the entire universe is illusion superimposed on it. ONE has three natures namely existence, consciousness and bliss. However, only human beings are capable of reflecting all these three aspects.

Example: The nature of fire is three-fold. 1. It self-luminous. 2. It gives out heat and 3. It illumines other objects. When the fire is applied to water, the water does not reflect all the three nature of fire. Only the heat is accepted and reflected by the water. An iron ball has the capacity to receive both the heat and self-illuminating capability from fire. A wood on the other hand receives all the three aspects from fire and it becomes part of the fire.

Similarly, although all the objects in the world are illumined by ONE, the inert objects reflect only one aspect of ONE, namely existence. The living beings are capable of reflecting the consciousness in addition to existence. Only the human beings have the capability to reflect all the three aspects of ONE.

All the objects in the creation including our body/mind complex are made up of three elements namely Aura, Energy and Matter. The composition in which our mind is made up determines whether all the three aspects (Existence, Consciousness and Bliss) are reflected in it or only two aspects (Existence and Consciousness) are reflected. The bliss aspect of ONE is not reflected in all the human beings at all times.

Mostly during the early morning time soon after waking up the mind will be dominated by Aura for a while. During this period the bliss aspect of ONE will be reflected in the mind.

Example: The sun is reflected in the water. If the water is clear, the reflection will also be clear and the reflected light will be as bright as the original sun. However, in a gutter, where lots of dirty materials float on the water, the reflection of the sun will not be bright.

Similarly, only when a mind is dominated by Aura, it has the clarity and purity to reflect the bliss aspect of ONE. At other times, when Energy takes over, the mind is polluted with action and the clarity to reflect the natural bliss is lost. Similarly, when one feels lazy, an indication of Matter element taking over the control, it is not possible to feel the natural happiness of ONE.

A wise person, who has completely understood the nature of ONE and stands steady in the knowledge, has the capability to reflect the bliss aspect of ONE at all times. Although his mind may also oscillate between the domination of the three elements, it would have acquired adequate level of Aura domination to reflect ONE at all times. Therefore, a wise person lives life joyfully without the anxiety of the events of the world reflecting the natural happiness all the time.

The happiness that we seem to get from the objects of the world is in reality our own natural happiness.

Example: A lion looking into the well sees its own reflection and assumes that it is another lion.

Similarly, we see our own natural happiness in the objects of the world and assume that it is different. The happiness that we seem to get from the objects of the world is divided and never complete. Our natural happiness is holistic and complete. In addition, it is homogeneous and indivisible.

Example: The sunlight is only one and it is homogeneous and indivisible.

However, there are many small reflections of sunlight depending on the medium in which it is reflected. Such reflections vary from one another with respect to luminosity and intensity. However, the source for all the reflections is only one. Similarly, the happiness that is enjoyed by all the beings belong to ONE and it is one homogenous and indivisible mass.

An Aura dominant mind is detached from the objects of the world and therefore it reflects the bliss of ONE efficiently.

An Energy dominant mind is attached to objects and harbinger of jealousy, greed and such negative emotions. Such a mind is clouded and dirty and therefore it does not reflect the bliss of ONE all the time.

A Matter dominant mind is full of confusion and lethargy and there will be no trace of bliss. In addition, even the consciousness aspect of ONE will be obscured in such a mind. At times we wonder whether a person is alive.

The mind of everyone invariably keeps changing because the dominance of Aura, Energy and Matter keep changing. Through appropriate food, meditation and practice of virtues, it is possible to increase the Aura dominance to a level where one can gain the complete knowledge of ONE. Once the knowledge of ONE is gained, then through practice of being steady in the knowledge, one can become a wise person.

A wise person goes beyond the influence of the mind. He is the true reflection of ONE reflecting existence, consciousness and bliss at all times. His own mind will be recognized as a part of the ever changing illusion. The movement of mind between the dominance of Aura, Energy and Matter element will be understood as the power of ONE in sustaining the illusory universe. Differences between knower, known and knowing will merge and there will be nothing but ONE.

Thus a person can move from enjoying the bliss of objects of the world, can move on to recognize that he is beyond mind and thereby become eternal bliss.

# OM TAT SAT

*All Rights Reserved. Unauthorized Copying, Distribution and Publication of these Online Books  
without the prior written permission of the Publisher, Author or Translator are prohibited.  
Celextel Enterprises Pvt. Ltd.*